

High Protein Vegetarian Diet

Instructions for Use:

- Meal Time: Fill in the specific times you plan to eat (e.g., 8:00 AM for breakfast).
- Food Item: List each food item you consume. Be specific (e.g., 'Grilled tofu,' 'Lentil soup').
- Portion Size: Note the amount of each food item (e.g., 1 cup, 100 grams).
- Estimated Protein: Record the approximate amount of protein in each item. This information can be obtained from nutrition labels or reliable online resources.
- Notes: Any additional information such as preparation method, how you felt after eating, or substitutions.

Day 1

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				
Snack				
Dinner				
Supper				

Day 2

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				
Snack				
Dinner				
Supper				

Day 3

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				

Snack				
Dinner				
Supper				

Day 4

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				
Snack				
Dinner				
Supper				

Day 5

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				
Snack				
Dinner				
Supper				

Day 6

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				

Snack				
Dinner				
Supper				

Day 7

Meal Time	Food Item	Portion Size	Estimated Protein (g)	Notes
Breakfast				
Lunch				
Snack				
Dinner				
Supper				

Tips for Use:

- **Variety is Key:** Include a variety of protein sources throughout the week to ensure a comprehensive nutrient intake.
- **Portion Sizes:** Adjust portion sizes based on individual energy and protein needs.
- **Meal Planning:** Plan meals to ensure a balance of nutrients.
- **Monitoring:** Use the "Notes" section to record any changes in how you feel, which can help adjust the diet for optimal health and satisfaction.

This chart is a guideline and should be tailored to individual dietary preferences and nutritional needs. For personalized advice, consulting a registered dietitian is recommended.