

Vegetarian Bodybuilding Meal Plan

Patient information					
Name:		Date of birth:			
Age:		Gender:			
Height:		Weight:			
Date of assessment:					
Health conditions (if applicable):					
Goals					
Week 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Sample 1-week Vegetarian Bodybuilding Meal Plan					
Week 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1	Greek yogurt with mixed nuts and berries	Quinoa and black bean salad	Protein shake with almond milk	Tofu stir-fry with vegetables on brown rice	Monitor protein intake
Day 2	Oatmeal with peanut butter, banana, and hemp seeds	Chickpea and spinach curry with roti	Cottage cheese with sliced peaches	Vegetarian chili with quinoa	Ensure hydration
Day 3	Smoothie with spinach, pea protein, banana, and flaxseeds	Lentil soup with whole-grain bread	Hummus with carrots and celery	Tempeh tacos with beans, lettuce, and guacamole	Evaluate energy levels

Sample 1-week Vegetarian Bodybuilding Meal Plan					
Week 1					
Day 4	Protein pancakes with berries and ricotta	Avocado and white bean salad	Mixed nuts and berries	Paneer tikka masala with rice	Note spice tolerance
Day 5	Muesli with soy milk and apple	Veggie burger with salad	Protein bar	Mushroom risotto with peas and Parmesan	Check for fullness
Day 6	Scrambled eggs with mushrooms, spinach, and toast	Kale salad with roasted chickpeas and tahini dressing	Greek yogurt with honey and almonds	Stuffed bell peppers with rice, nuts, and feta	Adjust seasoning to taste
Day 7	Chia seed pudding with kiwi and coconut	Vegetable sushi rolls with miso soup	Edamame with salt	Eggplant Parmesan with garlic bread	Evaluate digestion
Shopping list					
Healthcare professional information					
Name:			License ID number:		
Signature:			Date of assessment:		