## Vegetarian Diet Plan

| Name of Patient | Karol James | Weight | 55 kg |
| :--- | :--- | :--- | :--- |
| Sex | Female | Height | 154 cm |
| Age | 28 | BMI | 22.9 |
| Total Daily <br> Calorie Intake | 1800 calories | Activity Level | Moderate |
| Restriction/ <br> Allergies | None |  |  |
| Medical <br> Conditions | None |  |  |


| Meal <br> Time | Meal | Portion <br> Size | Calories | Protein <br> $\mathbf{( g )}$ | Carbs <br> $\mathbf{( g )}$ | Fat <br> $\mathbf{( g )}$ | Fiber <br> $\mathbf{( g )}$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Breakfast | Spinach, Banana, and <br> Almond Smoothie | 1 cup | 250 | 20 | 30 | 8 | 5 |
| Snack | Greek Yogurt | 1 cup | 150 | 15 | 20 | 2 | 3 |
| Lunch | Quinoa Salad | 1.5 cups | 400 | 15 | 60 | 2 | 3 |
| Snack | Hummus with Veggies | 1 serving | 200 | 6 | 20 | 12 | 5 |
| Dinner | Lentil Curry | 2 cups | 500 | 20 | 80 | 10 | 5 |
| Snack | Mixed Nuts | $1 / 4$ cup | 300 | 10 | 15 | 25 | 5 |
|  |  |  | 1800 | 86 | 225 | 69 | 36 |

## Notes/Remarks:

Can probably skip snacks after dinner next week

## Instructions:

- Consume meals and snacks at the designated times to maintain a consistent eating schedule.
- Feel free to swap meals or snacks based on personal preferences, as long as it aligns with the overall nutritional goals.
- Pay attention to hunger and fullness cues. Adjust portion sizes if needed to ensure you are getting the right balance of nutrients.
- If you experience any adverse effects or have concerns, consult with your healthcare provider.


## Doctor's Signature:

Doctor's Name: Dr. Samantha Miller
Date: November 21, 2023

