

Vegetarian Diet Chart

Age: _____ Height: _____ Weight: _____

Goals: _____

Medical Conditions: _____

day	wake up	breakfast	lunch	dinner	snack
mon	cinnamon lemon drink, overnight soaked nuts	upma	grilled paneer salad	veggie quinoa paneer	1 fruit of choice, oats soup
tue	zeera water, overnight soaked nuts	overnight oats	veggie sprouts rice	soup and grilled paneer	greek yogurt with blueberry, carrot stick and hummus
wed	coconut water, overnight soaked nuts	daliya	chinese fried quinoa	quinoa tikki and stir fry veggies	pistaschios, sattu drink
thu	saunf water, overnight soaked nuts	poha	veg kebabs	chapati with scrambled paneer	apple & peanut butter, greek yogurt & almond
fri	chia seed water, overnight soaked nuts	namkeen seviyaan	rajma rice	chapati and seasonal sabzi	coconut water, makanha paneer chaat
sat	lemon honey water, overnight soaked nuts	mixed bean salad	veggie dal khichdi	soya rice	vegetable juice, roasted makhana
sun	apple cider vinegar, overnight soaked nuts	apple cinnamon smoothie	sambar rice	homemade cheese roll	buttermilk, unsalted roasted channa