

High Protein Vegetarian Meal Ideas

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	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
BREAKFAST	Upma with peanuts 8g	Moong Chilla + Peanut Chutney	Besan Chilla + Green Chutney	High Protein Smoothie	Moong Dosa + Sambhar+ Coconut Chutney
LUNCH	Chickpea Salad ,Millet Roti Moong Daal Fry Curd	Rajma+Tomato Salad Millet Rice Kadhi	Sprouted Moong Salad Palak Paneer Rice	Beetroot Raita Green Curry Mix Dal Fry	Paneer, Veggies Salad Curd+Jaggry
SNACK	Protein Smoothie	Yogurt Smoothie	mixed soaked nuts	greek yogurt+carrot sticks	Peanut chutney+Carrot sticks
DINNER	Black Chana Salad	Rajma Soup	Green Pea Soup	Moong Daal Khichdi	Quinoa Pulao

Grocery List

Legumes	Vegetables	Produce	Grains	Nuts
Rajma (Black Lentil) Chickpea Green Peas Black Gram Moong Lentil Split Moong Dal Peanuts	Beetroot Broccoli Cucumbers Carrots Spinach	Paneer Greek Yogurt Curd Banana Berries Tomatoes Green Chilli Corriender	Rice Urad Dal Sooji (semolina) Raagi Millet Besan	Walnuts Cashew Almonds Pumpkin seeds