

A top-down photograph of various fresh vegetables and legumes arranged on a dark, rustic wooden surface. The ingredients include a large pile of bright green string beans, a bunch of dried rosemary, a whole red pomegranate, a copper bowl containing red onions and green bell peppers, a wooden spoon filled with chickpeas, and a pile of loose chickpeas. In the bottom left, there is a small metal tray with a green chili pepper and some spices. The lighting is warm and focused, creating a rich, textured scene.

Vegetarian

High-Protein Diet Plan

High-Protein Diet Plan (~100g Protein per Day)

Building a vegetarian high-protein diet is completely achievable when you focus on practical portion sizes. This guide lists foods that provide at least 6g of protein per realistic serving size, making it easy to plan everyday meals. Combine these foods smartly across meals to meet your **daily 100g protein** goal naturally.



High Protein Vegetarian Foods (Realistic Portions)

Food Item (Practical Portion)	Protein (g)
Greek Yogurt (200g)	20
Tempeh (100g)	19
Paneer (100g)	18
Soya Chunks (30g dry)	16
Moong Dal (50g raw)	12
Low-fat Cheese (50g)	12
Edamame (100g boiled)	11
Chana Dal (50g raw)	11
Rajma (50g raw)	11
Tofu (100g)	10
Chickpeas/Chole (50g raw)	9
Peanuts (30g)	8
Pumpkin Seeds (30g)	8
Low-fat Milk (250ml)	8
Besan (30g)	7
Sattu (30g)	7
Sunflower Seeds (30g)	7
Amaranth (50g)	7
Sprouted Moong (100g)	7
Quinoa (50g raw)	6
Almonds (30g)	6
Flaxseeds (30g)	6
Bajra (50g)	6
Soy Milk (200ml)	6
Ragi (50g)	5
Jowar (50g)	5
Brown Rice (50g raw)	4
Makhana (30g)	4

Vegetarian High-Protein Indian Meal Plan

(~100g Protein)

Morning (On Waking Up)

- 5 Soaked Almonds + 5 Soaked Walnuts
- 1 Glass Lemon Water or Jeera Water

Breakfast Options (Choose 1)

- 2 Besan Cheelas (40g besan) stuffed with 50g Paneer
- Oats-Paneer Smoothie (40g oats + 100g curd + 50g paneer)
- Paneer Stuffed Multigrain Paratha (40g atta + 50g paneer)
- Vegetable Moong Dal Chilla (40g dal) + 100g Curd
- Sattu Smoothie (30g Sattu + 200ml water + lemon + pinch of salt)

Mid-Morning Snack Options (Choose 1)

- 30g Roasted Soya Chunks + Lemon and Masala
- 100g Boiled Edamame
- Greek Yogurt (200g) with 1 tbsp Flaxseeds
- Curd Fruit Smoothie (100g curd + berries)

Lunch Options (Dahi included, Choose 1)

- Rajma + Brown Rice + Dahi + Salad
- Quinoa Dal Khichdi + Dahi + Salad
- Soya Chunk Pulao + Dahi
- Chana Salad + Roti + Dahi

Evening Snack Options (Choose 1)

- Whole Wheat Sandwich (Paneer/Tofu filling)
- Roasted Makhana + Masala Chaas
- Vegetable-Stuffed Wrap (Soya/Paneer)
- Veggie Sticks + Curd-based Dip

Dinner Options (Choose 1)

- Tofu Bhurji + Roti
- Paneer Bhurji + Roti + Salad
- Whole Wheat Pasta + Tofu/Paneer + Stir-fried veggies
- Palak Moong Dal + Roti + Raita

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