

Example Meal Plan

Breakfast: Protein-Packed Smoothie

- **Ingredients:**
 - 2 scoops vegan protein powder (30g each scoop): 240 calories, 40g protein
 - 1 cup spinach (30g): 7 calories, 0.9g protein
 - 1 banana (100g): 89 calories, 1.1g protein
 - 1 tablespoon peanut butter (15g): 94 calories, 4g protein
 - 1 cup almond milk (240ml): 30 calories, 1g protein
 - **Total for meal:** 460 calories, 47g protein

Morning Snack: Cottage Cheese and Fruit

- **Ingredients:**
 - 1 cup low-fat cottage cheese (226g): 163 calories, 28g protein
 - 1/2 cup pineapple chunks (82.5g): 41 calories, 0.5g protein
 - **Total for snack:** 204 calories, 28.5g protein

Lunch: Quinoa and Black Bean Salad

- **Ingredients:**
 - 1 cup cooked quinoa (185g): 222 calories, 8g protein
 - 1 cup black beans (172g): 227 calories, 15.2g protein
 - 1/4 avocado (50g): 80 calories, 1g protein
 - 1 cup cherry tomatoes (149g): 27 calories, 1.6g protein
 - 1/4 cup corn (37g): 29 calories, 1g protein
 - Lime juice and cilantro for flavor
 - **Total for meal:** 585 calories, 26.8g protein

Afternoon Snack: Greek Yogurt with Almonds

- **Ingredients:**
 - 1 cup Greek yogurt (245g): 220 calories, 20g protein
 - 20g almonds: 116 calories, 4.2g protein
 - **Total for snack:** 336 calories, 24.2g protein

Dinner: Lentil Soup with Whole Grain Bread

- **Ingredients:**
 - 1.5 cups cooked lentils (300g): 345 calories, 27g protein
 - 1 slice whole grain bread (30g): 80 calories, 4g protein
 - Vegetables (carrots, tomatoes, spinach) added to soup: ~50 calories, 3g protein
 - **Total for meal:** 475 calories, 34g protein