

High-Protein Vegetarian Menu

Breakfast

Dish	Protein Content
Moong Dal Chilla with Paneer Filling	20g
Sprouted Moong Salad	18g
Greek Yogurt with Nuts & Seeds	15g
Besan (Chickpea) Pancakes with Veggies	14g
Tofu Scramble with Multigrain Toast	22g

Lunch

Dish	Protein Content
Rajma Brown Rice Bowl	18g
Chickpea Quinoa Salad	20g
Palak Paneer with Roti	22g
Tofu & Vegetable Stir-Fry with Rice	21g
Masoor Dal with Millet Roti	19g

Snacks

Dish	Protein Content
Roasted Edamame with Spices	17g
Peanut Chikki (Energy Bar)	12g
Protein Smoothie (Soy Milk + Peanut Butter + Seeds)	20g
Roasted Chana (Black Chickpeas)	15g
Cottage Cheese Cubes with Herbs	18g

Dinner

Dish	Protein Content
Soybean Curry with Brown Rice	25g
Vegetable & Lentil Stew	20g
Paneer Tikka with Whole Wheat Paratha	24g
Tofu Bhurji with Quinoa	23g
Sprouted Lentil Khichdi	19g