

The 3-Star Complete Protein Vegetarian Meal Plan

Proteins & Legumes

- Greek yogurt (32 oz tub)
- Cottage cheese (16 oz)
- Eggs (1 dozen)
- Feta cheese (4–6 oz)
- Parmesan cheese (small wedge)
- Ricotta cheese (8–12 oz)
- Halloumi cheese (6–8 oz)
- Firm tofu (2 blocks)
- Fresh mozzarella (6–8 oz)
- Lentils (1–2 cups dry or 2 cans)
- Chickpeas (3 cans)
- Black beans (1 can)

Grains, Condiments & Pasta

- Brown or white rice (2–3 cups dry)
- Quinoa (1–2 cups dry)
- Lentil pasta (1 box)
- Rolled oats (small container)
- Whole grain bread (1 loaf)
- Corn tortillas (1 pack)
- Whole wheat tortilla wraps (1 pack)
- Almonds (small bag)
- Pistachios (small bag)
- Balsamic glaze
- Tahini
- Maple syrup

Produce & Fruit

- Bananas (2–3)
- Apples (1–2)
- Berries (fresh or frozen, ~2 cups)
- 1 orange (for zest)
- 2–3 limes
- 2 lemons
- Spinach (1 large bag)
- Mushrooms (1 pack)
- Broccoli (1 head)
- Cucumber (1–2)
- Tomatoes (3–4 medium)
- Avocado (2)
- Zucchini, bell peppers, or carrots for roasting

Oils & Spices

- Olive oil
- Butter
- Sesame oil
- Honey
- Chili crisp
- Soy sauce
- Curry paste
- Miso paste
- Turmeric
- Chili flakes