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Week 1 Vegetarian Meal Plan

From breakfast to dinner!



High Protein



Vegetarian



Liz Thomson



Recipes



WEEK 1 VEGETARIAN MEAL PLAN

Shopping List



PRODUCE

- Cherry tomatoes (1 lb + 1/2 cup)
- 4 bell peppers
- 1 small yellow onion
- Red onion (small)
- 1 jalapeno (optional)
- 1 head garlic
- Arugula (1/2 cup)
- Shredded lettuce (2 cups)
- 1 cucumber
- Fresh parsley (small bunch)
- Broccoli (2 cups florets)
- 1 avocado (optional)
- 1 lemon
- 1 lime
- 1 banana
- Spinach (1 cup)
- Fresh fruit, for dipping

FROZEN

- Frozen mixed berries (1 cup)

SPICES

- Ground cumin
- Smoked paprika
- Paprika
- Garlic powder
- Za'atar seasoning
- Taco seasoning
- Salt
- Black pepper

DAIRY & REFRIGERATED

- Feta (8 oz block + 3/4 cup)
- Cheddar or Monterey jack (1 cup)
- Sharp cheddar (4 oz)
- Pepper Jack (1/3 cup)
- Plain Greek yogurt (1 3/4 cups)
- Cottage cheese (1/2 cup)
- Milk (1 1/4 cups)
- Unsweetened almond milk (1/4 cup)
- Cream cheese (2 Tbsp)
- 7 eggs
- Super firm tofu (14-16 oz)
- Sour cream (optional)

PANTRY & CANNED

- Chickpeas (2 x 15 oz cans)
- Black beans (15 oz)
- Diced tomatoes w/ green chilies (10 oz)
- Chipotle peppers in adobo
- Teriyaki sauce (1/2 cup)
- Strawberry jam or preserves
- Salsa (optional)
- Pasta (8 oz)
- Rice (1 cup cooked)
- Lentils (1 cup cooked)
- Cornstarch

OILS & SWEETENERS

- Olive oil
- Honey
- Maple syrup (optional)



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EASY. HEALTHY. SIMPLE.

Dinner

1

Sheet Pan Feta and Chickpeas

2

Lentil Stuffed Peppers

3

Mediterranean Chickpea Bowls

4

Sheet Pan Teriyaki Tofu

5

Cottage Cheese Mac and Cheese





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EASY. HEALTHY. SIMPLE.

Sheet Pan Feta and Chickpeas

Crispy roasted chickpeas, jammy burst cherry tomatoes, and creamy baked feta come together on one pan for an easy, flavor-packed dinner.





Ingredients

1 lb cherry tomatoes
1 (15 oz) can chickpeas, rinsed and patted dry
2 Tbsp olive oil, divided
1 tsp ground cumin
1/2 tsp smoked paprika
1/2 tsp garlic powder
Salt and pepper, to taste
1 (8 oz) block feta cheese, sliced
1/2 cup arugula
Lemon juice and zest

Instructions

- Preheat oven to 425°F.
- Add the tomatoes to a sheet pan, drizzle with 1 Tbsp olive oil, and season with salt and pepper.
- Add the chickpeas to the other side; drizzle with 1 Tbsp olive oil and season with cumin, paprika, garlic powder, salt, and pepper.
- Roast 15–18 minutes, until the tomatoes begin to burst.
- Add the feta to the pan and bake 6–8 minutes more, until the feta softens and the chickpeas are golden.
- Top with arugula, lemon zest, and a squeeze of lemon juice.





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Lentil Stuffed Peppers

Southwestern-style peppers stuffed with lentils, rice, and melty cheese — a hearty, protein-packed way to load up on veggies.





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Ingredients

3 large bell peppers, halved and seeded
1 Tbsp olive oil
1 small yellow onion, diced
1 small jalapeño, seeded and minced (optional)
3 cloves garlic, minced
1 (10 oz) can diced tomatoes with green chilies, drained
2 tsp taco seasoning
1 cup cooked green or brown lentils
1 cup cooked white or brown rice
1 cup shredded cheddar or Monterey jack
Salsa, avocado, and/or sour cream, for serving

Instructions

- Preheat oven to 375°F. Place the peppers cut side up on a baking sheet and bake 15 minutes.
- Heat the olive oil in a skillet over medium heat. Add the onion and jalapeño and cook 5 minutes.
- Add the garlic and cook 1 minute more.
- Stir in the diced tomatoes, lentils, rice, and taco seasoning; cook 5 minutes.
- Turn the oven to broil. Stuff the peppers with the filling and top with cheese.
- Broil 2–3 minutes, until the cheese is browned. Serve with avocado, sour cream, and/or salsa.





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Mediterranean Chickpea Bowls

Crispy za'atar chickpeas piled over crisp veggies and drizzled with a creamy Greek yogurt sauce — a fresh, protein-rich bowl in minutes.





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Ingredients

1 (15 oz) can chickpeas, drained and rinsed	1/2 cup cucumber slices
2 Tbsp olive oil, divided	1/2 cup cherry tomatoes
1 tsp za'atar seasoning, divided	1 Tbsp diced red onion
1/4 cup full-fat plain Greek yogurt	1/4 cup crumbled feta
2 cups shredded lettuce	2 Tbsp fresh parsley, chopped

Instructions

- Toss the chickpeas with 1 Tbsp olive oil and 1/2 tsp za'atar.
- Cook in a nonstick skillet over medium heat 7–8 minutes, stirring often, until crispy.
- Whisk together the Greek yogurt, remaining olive oil, and remaining za'atar.
- Divide the lettuce between two bowls.
- Top with the chickpeas, cucumber, tomatoes, red onion, feta, and parsley.
- Drizzle with the yogurt sauce.





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Sheet Pan Teriyaki Tofu

Crispy baked tofu with broccoli and bell pepper tossed in teriyaki sauce — a 10-minute-prep, budget-friendly dinner loaded with protein.





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Ingredients

- 1 block (14–16 oz) super firm tofu, cubed and pressed
- 2 Tbsp cornstarch
- 2 cups broccoli florets, chopped
- 1 bell pepper, cut into 1" pieces
- 1 Tbsp olive oil
- 1/2 cup teriyaki sauce

Instructions

- Preheat oven to 425°F and line a baking sheet with parchment.
- Pat the tofu dry and toss gently with cornstarch until coated.
- Spread the tofu, broccoli, and bell pepper on the pan; drizzle with olive oil and toss.
- Arrange in a single layer.
- Bake 15–20 minutes, until the tofu is golden and the veggies are tender.
- Drizzle with teriyaki sauce and toss to coat.





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Cottage Cheese Mac and Cheese

Blended cottage cheese makes this mac and cheese secretly high-protein and ultra creamy – comfort food you can feel good about.





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Ingredients

8 oz pasta (whole wheat, chickpea, or regular)
1/2 cup cottage cheese (4% milkfat)
1 cup milk (2%)
1 Tbsp cornstarch
4 oz sharp cheddar, shredded (about 1 cup)
1/4 tsp salt
1/8 tsp pepper
1/4 tsp garlic powder
1/4 tsp paprika

Instructions

- Cook the pasta according to package directions.
- In a blender, combine the cottage cheese, milk, cornstarch, cheddar, and seasonings; blend until smooth.
- Pour the sauce into a skillet over medium-low heat and cook 4–5 minutes, until slightly thickened.
- Stir in the cooked pasta and adjust seasoning to taste.





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Breakfast, Snack & Dessert

1

Spinach and Feta Egg Bites

2

Banana Berry Smoothie

3

Cheesy Black Bean Dip

4

Yogurt Fruit Dip





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Spinach and Feta Egg Bites

Fluffy, make-ahead egg bites loaded with spinach and feta — an easy grab-and-go breakfast with plenty of protein.





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Ingredients

7 large eggs

1/4 cup milk

1/8 tsp salt

1/8 tsp pepper

1 cup chopped spinach

1/2 cup crumbled feta

Instructions

- Preheat oven to 350°F.
- Whisk together the eggs, milk, salt, and pepper.
- Divide the spinach and feta among 12 silicone muffin cups.
- Pour the egg mixture into each cup (2-3 Tbsp each).
- Bake 25 minutes, until the tops are firm and lightly golden.
- Cool slightly before removing. Serve warm or store for later.





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Banana Berry Smoothie

A sweet, creamy berry-banana smoothie made with just a handful of ingredients and a boost of Greek yogurt protein.





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Ingredients

- 1 cup frozen berries
- 1 frozen banana
- 1/2 cup plain Greek yogurt
- 1/4 cup unsweetened almond milk
- Honey or maple syrup, to taste (optional)

Instructions

- Add all ingredients to a blender and blend until smooth.





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Cheesy Black Bean Dip

A creamy, smoky black bean dip with a little chipotle kick, baked under melty Pepper Jack — perfect served warm with chips.





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Ingredients

- 1 (15 oz) can black beans, drained and rinsed
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 2 chipotle peppers in adobo (or 2 Tbsp adobo sauce)
- 2 Tbsp cream cheese
- 1 tsp lime juice
- 1/3 cup shredded Pepper Jack

Instructions

- Preheat oven to 350°F.
- In a food processor, add the black beans, garlic powder, cumin, chipotle, cream cheese, and lime juice.
- Pulse 10–15 times, until combined but still a little chunky.
- Transfer to a small oven-safe dish and top with the shredded cheese.
- Bake 12–15 minutes, until the cheese is melted.
- Serve immediately.





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Yogurt Fruit Dip

A creamy 3-ingredient yogurt fruit dip that's the perfect sweet-but-healthy treat – serve with all your favorite fruit.





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Ingredients

- 1 cup yogurt (plain, Greek, low-fat, or whole milk)
- 1–2 tsp honey, to taste
- 2 Tbsp strawberry jam or fruit preserves

Instructions

- Add all ingredients to a bowl and stir until smooth.
- Adjust the sweetener to taste.
- Cover and chill until ready to serve.





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That's a wrap!

Thank you so much
for cooking with me!

Whether you're making the jump to vegetarianism or you're just trying to add more meatless meals to your routine, I hope these ideas help you get started!

Eating healthy doesn't have to be expensive or complicated and you don't have to sacrifice protein when eating vegetarian meals!

All the best!
Liz



Connect with me (clickable links):

Instagram: [@iheartveggies](https://www.instagram.com/iheartveggies)

Website: www.iheartvegetables.com

TikTok: [@iheartveggies](https://www.tiktok.com/@iheartveggies)

My latest book: [The Truly Healthy Vegetarian Cookbook](#)

