

The 2-Star Complete Protein Vegetarian Meal Plan

Proteins & Legumes

- Greek Yogurt (32 oz tub)
- Cottage Cheese (16 oz)
- Eggs (1 dozen)
- Firm Tofu (2 blocks)
- Shredded Cheese (8 oz bag)
- Parmesan Cheese (small container)
- Chickpeas (2 cans)
- Black Beans (2 cans)
- Lentils (1 bag or 2 cans)

Grains & Carbs

- Rice (2–3 cups dry)
- Quinoa (1–2 cups dry)
- Lentil Pasta (1 box)
- Rolled Oats (small container)
- Whole Grain Bread (1 loaf)
- Tortillas (1 pack)

Produce

- Bananas (3–4)
- Apples (2–3)
- Lemon (1)
- Spinach (1 large bag)
- Frozen Mixed Vegetables (1 bag)
- Pickles (1 small jar)

Fats, Condiments & Spices

- Olive Oil (1 bottle)
- Butter (1 stick)
- Honey (1 small bottle)
- Soy Sauce (1 bottle)
- Mustard (1 jar)
- Salsa (1 jar)
- Marinara Sauce (1 jar)
- Cinnamon, Garlic Powder, Curry Powder