Protein-Packed Vegetarian Meals and Snacks

**Breakfast:**
- Whole-wheat English muffin with 2 tablespoons peanut butter and drizzle of honey
- Banana
- 12-ounce low-fat latte

**Lunch:**
- 6-inch bean and cheese burrito
- ½ cup rice
- Green salad with 2 tablespoons sunflower seeds
- Iced tea

**Snack:**
- ½ cup trail mix with cashews, raisins and dried cereal

**Snack:**
- 1 cup yogurt with ½ cup blueberries and strawberries

**Dinner:**
- Spinach salad with ½ cup quinoa and ½ cup black beans
- Whole-wheat pita bread
- Fruit salad
- 8-ounce low-fat milk

Each meal provides about 25 grams protein and each snack about 10 grams protein.