



Vegetarian Calorie & Protein Tracker

Track your daily food intake • Monitor calories & protein • Weekly summary

⚠️ This tracker is for educational purposes only. Consult your doctor or dietitian before starting any weight loss plan, especially if you have diabetes, kidney disease, or other health conditions.

Name: _____ Date / Week of: _____ Daily Calorie Goal: _____ Daily Protein Goal (g): _____

🌱 High-Protein Vegetarian Foods (Reference)

- 🥚 Eggs (1 large): 6g protein
- 🥛 Greek yogurt (¾ cup): 15g
- 🍲 Tofu (½ cup): 10g
- 🌱 Lentils (1 cup): 18g
- 🧀 Cottage cheese (½ cup): 14g
- 🌾 Quinoa (1 cup): 8g
- 🥜 Peanut butter (2 tbsp): 8g
- 🌱 Chia seeds (2 tbsp): 4g

📅 Daily Log

Day	Breakfast (food & calories)	Lunch (food & calories)	Dinner (food & calories)	Snacks (food & calories)	Total Calories	Total Protein (g)	Notes
Monday	_____	_____	_____	_____	_____	____g	_____
Tuesday	_____	_____	_____	_____	_____	____g	_____
Wednesday	_____	_____	_____	_____	_____	____g	_____
Thursday	_____	_____	_____	_____	_____	____g	_____
Friday	_____	_____	_____	_____	_____	____g	_____
Saturday	_____	_____	_____	_____	_____	____g	_____
Sunday	_____	_____	_____	_____	_____	____g	_____

 Weekly Summary


Average daily calories: _____

Average daily protein (g): _____

Days met protein goal: ____/7

 Notes & Doctor Questions

Write any questions for your doctor or dietitian...

 Senior Tip: Aim for 1.2-1.5g protein per kg of body weight daily. For a 150lb (68kg) senior, that's 82-102g protein per day.
© Praktikotips – Senior Wellness | Free to print and share | Bring this tracker to your doctor appointments.