

Vegetarian Diet: Reaching 100 g of Protein

Everyday plan and festival-friendly strategies

Reaching **100 g of protein** on a vegetarian diet is very doable once you know which foods carry the most protein and how to spread them across the day. Festivals, with sweets, fried snacks and fasting days, make it harder, so this guide includes a plan for those too. It covers the best vegetarian sources with rough protein values, a sample 100 g day, festival swaps, fasting-day ideas, and tips to make it comfortable.

1. Your 100 g Target, Meal by Meal

Spread it across the day

Why this works: 100 g of protein suits many people (roughly 55 to 70 kg at 1.4 to 1.8 g per kg). Spreading it over the day helps muscles use it and keeps hunger in check.

MEAL	AIM FOR	WHY
Breakfast	20 to 25 g	Starting the day with protein keeps hunger and cravings down for hours.
Mid-morning snack	5 to 10 g	A small top-up so lunch doesn't have to do all the work.
Lunch	20 to 25 g	Pair dal or paneer with roti or rice and curd.
Evening snack	10 to 15 g	The easiest place to add protein and avoid fried snacks.
Dinner	20 to 25 g	Moderate and light, and helps overnight muscle repair.

2. Best Vegetarian Protein Sources

Approximate protein per serving

Note: These are approximate values. Actual protein varies with brand, recipe and preparation, so use them as a guide.

FOOD	SERVING	PROTEIN	TIP
Paneer	100 g	about 18 g	Full-fat is higher in calories. Bhurji, tikka or in curries.
Hung curd / Greek yoghurt	150 g	about 12 to 15 g	Thick curd has more protein than regular curd (about 4 g per 100 g).
Milk	250 ml	about 8 g	Plain, or as a smoothie or lassi without extra sugar.
Soya chunks (dry weight)	30 to 50 g	about 15 to 26 g	Soak, squeeze and cook in curry, pulao or cutlets. The most protein-dense veg food.
Tofu (firm)	100 g	about 12 g	Stir-fry, bhurji or grilled. Absorbs masala well.
Dal, cooked (moong, toor, masoor)	1 katori (150 g)	about 7 to 10 g	Thicker dals have more protein. Moong is easiest to digest.
Rajma, chole, kala chana (cooked)	1 katori (150 g)	about 10 to 13 g	Great with rice or roti. Soak well to ease digestion.
Sprouts (moong, chana)	1 bowl (100 g)	about 6 to 7 g	As chaat, salad or cooked sabzi.
Besan (gram flour)	30 g	about 6 to 7 g	Chilla, kadhi, dhokla or besan laddoo.
Peanuts or peanut butter	30 g or 2 tbsp	about 8 g	Calorie-dense, so measure it.
Roasted chana	30 g	about 6 g	Easy travel snack.

FOOD	SERVING	PROTEIN	TIP
Sattu	30 g	about 6 g	Drink with water and lemon, or use in parathas and laddoo.
Pumpkin seeds / almonds	30 g	about 6 to 9 g	Add to curd, oats or salads.
Whey or plant protein powder (optional)	1 scoop (30 g)	about 20 to 25 g	Convenient when food falls short. Pick a product with a clear label.

3. A Sample 100 g Protein Day

Ordinary Indian vegetarian food

Example: One easy way to reach about 100 g with ordinary Indian vegetarian food, no powder needed.

MEAL	WHAT TO EAT	PROTEIN
Breakfast	2 moong dal chillas stuffed with 50 g paneer, plus 1 glass milk	about 27 g
Mid-morning	30 g roasted chana and 10 almonds	about 9 g
Lunch	2 rotis, 1 katori dal, 1 bowl curd, a vegetable	about 21 g
Evening	150 g hung curd with 15 g pumpkin seeds	about 17 g
Dinner	100 g paneer or tofu bhurji, 1 roti, vegetables	about 23 g
Total		about 97 to 100 g

4. Festival Strategies

Enjoy the food, keep the protein

Approach: Festivals are about food and family. You don't have to skip anything. The goal is to anchor each meal with a protein dish and enjoy sweets in smaller portions.

FESTIVAL	USUAL FOODS	PROTEIN-SMART CHOICES
Diwali	Sweets (laddu, barfi, kaju katli), fried snacks, rich curries	Pick besan laddoo or moong dal sweets over plain sugar sweets, keep roasted makhana, chana and nut mixes on the table, and have chole, rajma or paneer dishes as the main meal.
Navratri and fasting days	Sabudana, potato, kuttu and singhara dishes	Build the meal around paneer, curd, milk, peanuts, makhana and rajgira. Sabudana and potato are mostly starch with very little protein.
Ganesh Chaturthi and Gokulashtami	Modak, payasa, kosambari, sundal	Choose sundal (chana or moong), kosambari with moong dal and milk-based payasa. Modak with a dal or nut filling is better than plain sugar ones.
Ugadi and Dasara	Holige (obbattu) with chana dal, bevu-bella, pulao	Holige has some chana dal protein, so enjoy a piece alongside dal and curd. Add soya or paneer to pulao.
Pongal and Sankranti	Ven pongal, sakkare pongal, til and peanut chikki	Choose ven pongal with moong dal and curd, plus sundal. Peanut chikki is a good small treat.
Family functions and feasts	Heavy thalis with rice, sweets and fried items	Fill the first quarter of the plate with the protein dish (dal, paneer, chole, sprouts) before the rice and sweets.

5. Fasting (Vrat) Day Protein Ideas

Making the most of allowed foods

Reality check: Many fasts allow dairy, nuts and certain flours, which are good protein sources. Reaching 100 g can be hard on strict fasts, so aim for the best you can.

FOOD	PROTEIN	HOW TO USE IT
Paneer (100 g)	about 18 g	Grilled, in a light sabzi or as tikka made with fasting-friendly spices.
Curd (200 g) or hung curd (150 g)	about 7 g or 12 to 15 g	Plain, as raita or lassi. Hung curd gives more protein.
Milk (250 ml)	about 8 g	Alone, with makhana or as a smoothie.
Peanuts (30 g)	about 8 g	Roasted peanuts, peanut chutney or peanut curry.
Makhana (30 g)	about 3 g	Roasted, or as a kheer with milk.
Rajgira (amaranth) roti, 2	about 6 to 8 g	Higher in protein than most fasting grains. Eat with paneer or curd.
Nuts and seeds (30 g)	about 5 to 9 g	Almonds, walnuts, pumpkin seeds if allowed.
Sabudana, potato, samak rice	very low	Fine for energy, but not protein sources. Pair with paneer, curd or peanuts.

6. Tips to Make It Work

Habits and digestion

Why this works: A few simple habits make it easier to reach your target and keep digestion comfortable.

TIP	WHY / HOW
Spread protein across the day	Muscles use about 20 to 30 g per meal well, so 4 to 5 servings work better than one big dinner.
Combine grains and pulses	Rice with dal, or roti with rajma, gives a more complete mix of amino acids. They don't need to be in the same meal, just the same day.
Lean on soya and dairy	Soya chunks, tofu, paneer and hung curd are the easiest way to reach 100 g. Soya chunks in moderate amounts (30 to 50 g dry) are fine for most people.
Increase gradually	A sudden jump in dal, beans or protein can cause gas. Soak pulses, add hing and jeera, and drink more water.
Use powder as a back-up	On a busy festival day or fast, one scoop of whey or plant protein can cover the gap if your fast allows.
Watch B12, iron and zinc	Vegetarians are more prone to low B12. Pair iron foods with vitamin C, and get B12 checked, as supplements may be needed.
Track roughly, not obsessively	Count protein per meal for a week to learn your usual portions, then eat by habit.

7. Common Mistakes

Avoid these gaps

Watch out: Small slips that quietly leave you short on protein.

MISTAKE	WHAT TO DO INSTEAD
Relying on carbs and calling them protein	Rice, roti and sabudana give little protein. Make a protein food the star of every meal.
Only eating protein at dinner	Back-loading protein misses the benefits of spreading it. Aim for protein at every meal.
Overdoing sweets and fried snacks at festivals	They fill you up with calories but little protein. Keep a protein dish on the plate before them.
Skiping meals before a feast	Arriving very hungry leads to overeating sweets. Have a protein snack first.
Ignoring portions of paneer, nuts and peanut butter	They are high in protein but also calories. Measure if you are cutting.

Note: Protein values are approximate and vary by brand and recipe. 100 g is a general target, not right for everyone, and needs depend on weight, activity and health. People with kidney disease, pregnancy or other medical conditions should follow their doctor's advice. This guide assumes a vegetarian diet without eggs; one egg adds about 6 g if you eat them.