

# Meal Plan - 1100 calorie high protein vegetarian meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1095 cals ● 102g protein (37%) ● 41g fat (34%) ● 59g carbs (21%) ● 20g fiber (7%)

### Breakfast

235 cals, 11g protein, 13g net carbs, 14g fat



[Egg in an eggplant](#)  
120 cals



[Toast with butter](#)  
1 slice(s)- 114 cals

### Dinner

205 cals, 10g protein, 23g net carbs, 3g fat



[Black bean & sweet potato stew](#)  
207 cals

### Lunch

435 cals, 33g protein, 21g net carbs, 23g fat



[Milk](#)  
1/2 cup(s)- 75 cals



[Vegan bangers and cauliflower mash](#)  
1 sausage link(s)- 361 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

1143 cals ● 100g protein (35%) ● 36g fat (28%) ● 85g carbs (30%) ● 21g fiber (7%)

### Breakfast

235 cals, 11g protein, 13g net carbs, 14g fat



[Egg in an eggplant](#)  
120 cals



[Toast with butter](#)  
1 slice(s)- 114 cals

### Dinner

340 cals, 25g protein, 28g net carbs, 10g fat



[Veggie burger patty](#)  
2 patty- 254 cals



[Edamame & beet salad](#)  
86 cals

### Lunch

350 cals, 17g protein, 42g net carbs, 11g fat



[Crispy chik'n tenders](#)  
3 tender(s)- 171 cals



[Apple](#)  
1 apple(s)- 105 cals



[Milk](#)  
1/2 cup(s)- 75 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1135 cal ● 97g protein (34%) ● 27g fat (22%) ● 100g carbs (35%) ● 25g fiber (9%)

### Breakfast

225 cal, 7g protein, 28g net carbs, 6g fat



**Peanut butter & banana breakfast sandwich**  
190 cal



**Raspberries**  
1/2 cup(s)- 36 cal

### Dinner

340 cal, 25g protein, 28g net carbs, 10g fat



**Veggie burger patty**  
2 patty- 254 cal



**Edamame & beet salad**  
86 cal

### Lunch

350 cal, 17g protein, 42g net carbs, 11g fat



**Crispy chik'n tenders**  
3 tender(s)- 171 cal



**Apple**  
1 apple(s)- 105 cal



**Milk**  
1/2 cup(s)- 75 cal

### Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cal

## Day 4

1116 cal ● 98g protein (35%) ● 38g fat (31%) ● 75g carbs (27%) ● 20g fiber (7%)

### Breakfast

225 cal, 7g protein, 28g net carbs, 6g fat



**Peanut butter & banana breakfast sandwich**  
190 cal



**Raspberries**  
1/2 cup(s)- 36 cal

### Dinner

300 cal, 23g protein, 30g net carbs, 8g fat



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Cajun tofu**  
79 cal



**Lentils**  
116 cal

### Lunch

370 cal, 19g protein, 16g net carbs, 23g fat



**Sunflower seeds**  
90 cal



**Avocado egg salad sandwich**  
1/2 sandwich(es)- 281 cal

### Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cal

## Day 5

1165 cals ● 101g protein (35%) ● 42g fat (33%) ● 70g carbs (24%) ● 25g fiber (9%)

### Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat



[Egg & avocado salad on toast](#)  
1 toast(s)- 212 cals

### Dinner

365 cals, 22g protein, 39g net carbs, 8g fat



[Milk](#)  
3/4 cup(s)- 112 cals



[Lentil pasta](#)  
252 cals

### Lunch

370 cals, 19g protein, 16g net carbs, 23g fat



[Sunflower seeds](#)  
90 cals



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 6

1116 cals ● 101g protein (36%) ● 30g fat (24%) ● 79g carbs (28%) ● 31g fiber (11%)

### Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat



[Egg & avocado salad on toast](#)  
1 toast(s)- 212 cals

### Dinner

365 cals, 22g protein, 39g net carbs, 8g fat



[Milk](#)  
3/4 cup(s)- 112 cals



[Lentil pasta](#)  
252 cals

### Lunch

320 cals, 19g protein, 25g net carbs, 11g fat



[Curried chickpea salad](#)  
322 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 7

1061 cals ● 100g protein (38%) ● 41g fat (35%) ● 48g carbs (18%) ● 24g fiber (9%)

### Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat



[Egg & avocado salad on toast](#)  
1 toast(s)- 212 cals

### Dinner

310 cals, 21g protein, 9g net carbs, 19g fat



[Basic tempeh](#)  
2 oz- 148 cals



[Simple mozzarella and tomato salad](#)  
161 cals

### Lunch

320 cals, 19g protein, 25g net carbs, 11g fat



[Curried chickpea salad](#)  
322 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Dairy and Egg Products

- eggs  
8 large (400g)
- butter  
2 tsp (9g)
- whole milk  
3 cup (720mL)
- nonfat greek yogurt, plain  
4 tbsp (70g)
- fresh mozzarella cheese  
1 1/3 oz (38g)

## Vegetables and Vegetable Products

- eggplant  
2 1 inch (2.5 cm) slice(s) (120g)
- tomato paste  
1 tsp (5g)
- kale leaves  
4 tbsp, chopped (10g)
- garlic  
1/3 clove(s) (1g)
- onion  
2/3 small (47g)
- sweet potatoes  
1/6 sweetpotato, 5" long (35g)
- ketchup  
1 1/2 tbsp (26g)
- beets, precooked (canned or refrigerated)  
2 beets (2" dia, sphere) (100g)
- edamame, frozen, shelled  
1/2 cup (59g)
- tomatoes  
1 1/3 medium whole (2-3/5" dia) (147g)
- raw celery  
2 stalk, small (5" long) (34g)

## Fats and Oils

- oil  
1 oz (27mL)
- balsamic vinaigrette  
1 oz (25mL)

## Baked Products

- bread  
10 oz (288g)

## Beverages

## Spices and Herbs

- ground cumin  
2 dash (1g)
- cajun seasoning  
2 dash (1g)
- salt  
1/3 dash (0g)
- garlic powder  
1 tsp (3g)
- curry powder  
1 tsp (2g)
- fresh basil  
2 tsp, chopped (2g)

## Legumes and Legume Products

- black beans  
1/3 can(s) (146g)
- peanut butter  
1 tbsp (16g)
- firm tofu  
2 1/2 oz (71g)
- lentils, raw  
2 3/4 tbsp (32g)
- chickpeas, canned  
1 can (448g)
- tempeh  
2 oz (57g)

## Other

- vegan sausage  
1 sausage (100g)
- frozen cauliflower  
3/4 cup (85g)
- meatless chik'n tenders  
6 pieces (153g)
- veggie burger patty  
4 patty (284g)
- mixed greens  
2/3 package (5.5 oz) (102g)
- cottage cheese & fruit cup  
1 container (133g)
- lentil pasta  
4 oz (113g)

## Nut and Seed Products

- sunflower kernels  
2 oz (52g)

- water  
15 cup(s) (3595mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Soups, Sauces, and Gravies

- pasta sauce  
1/4 jar (24 oz) (168g)

## Fruits and Fruit Juices

- lemon juice  
2 tbsp (33mL)
  - apples  
2 medium (3" dia) (364g)
  - banana  
1 medium (7" to 7-7/8" long) (118g)
  - raspberries  
1 cup (123g)
  - avocados  
1 avocado(s) (201g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggs**

1 large (50g)

**eggplant**

1 1 inch (2.5 cm) slice(s) (60g)

**oil**

1 tsp (5mL)

For all 2 meals:

**eggs**

2 large (100g)

**eggplant**

2 1 inch (2.5 cm) slice(s) (120g)

**oil**

2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Peanut butter & banana breakfast sandwich

190 cals ● 6g protein ● 5g fat ● 25g carbs ● 4g fiber



For single meal:

**bread, toasted**

1 slice (32g)

**peanut butter**

1/2 tbsp (8g)

**banana, sliced**

1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

**bread, toasted**

2 slice (64g)

**peanut butter**

1 tbsp (16g)

**banana, sliced**

1 medium (7" to 7-7/8" long) (118g)

1. Toast bread if desired and spread with peanut butter.
  2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.
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### Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**

1/2 cup (62g)

For all 2 meals:

**raspberries**

1 cup (123g)

1. Rinse raspberries and serve.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Egg & avocado salad on toast

1 toast(s) - 212 cals ● 11g protein ● 11g fat ● 13g carbs ● 4g fiber



For single meal:

**bread**

1 slice(s) (32g)

**garlic powder**

1 1/3 dash (1g)

**eggs, hard-boiled and chilled**

1 large (50g)

**avocados**

1/6 avocado(s) (34g)

**mixed greens**

2 2/3 tbsp (5g)

For all 3 meals:

**bread**

3 slice(s) (96g)

**garlic powder**

4 dash (2g)

**eggs, hard-boiled and chilled**

3 large (150g)

**avocados**

1/2 avocado(s) (101g)

**mixed greens**

1/2 cup (15g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Toast bread and top with greens and egg salad mixture. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

**whole milk**

1/2 cup (120mL)

1. This recipe has no instructions.

### Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber





Makes 1 sausage link(s)

**onion, thinly sliced**

1/2 small (35g)

**vegan sausage**

1 sausage (100g)

**oil**

1/2 tbsp (8mL)

**frozen cauliflower**

3/4 cup (85g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Crispy chik'n tenders

3 tender(s) - 171 cal ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



For single meal:

**ketchup**

3/4 tbsp (13g)

**meatless chik'n tenders**

3 pieces (77g)

For all 2 meals:

**ketchup**

1 1/2 tbsp (26g)

**meatless chik'n tenders**

6 pieces (153g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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## Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

## Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. This recipe has no instructions.

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## Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**eggs, hard-boiled and chilled**  
1 1/2 large (75g)

For all 2 meals:

**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Curried chickpea salad

322 cal ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

**mixed greens**  
1 oz (28g)  
**sunflower kernels**  
1 tbsp (12g)  
**raw celery, sliced**  
1 stalk, small (5" long) (17g)  
**curry powder**  
4 dash (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice, divided**  
1 tbsp (15mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)

For all 2 meals:

**mixed greens**  
2 oz (57g)  
**sunflower kernels**  
2 tbsp (24g)  
**raw celery, sliced**  
2 stalk, small (5" long) (34g)  
**curry powder**  
1 tsp (2g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice, divided**  
2 tbsp (30mL)  
**chickpeas, canned, drained & rinsed**  
1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
  2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
  3. Add greens to a plate and drizzle with remaining lemon juice.
  4. Serve curried chickpea mixture along with greens.
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## Dinner 1 [↗](#)

Eat on day 1

### Black bean & sweet potato stew

207 cal ● 10g protein ● 3g fat ● 23g carbs ● 12g fiber



#### tomato paste

1 tsp (5g)

#### oil

1/2 tsp (3mL)

#### kale leaves

4 tbsp, chopped (10g)

#### lemon juice

1/2 tsp (3mL)

#### ground cumin

2 dash (1g)

#### garlic, diced

1/3 clove(s) (1g)

#### onion, chopped

1/6 small (12g)

#### sweet potatoes, cubed

1/6 sweetpotato, 5" long (35g)

#### water

1/2 cup(s) (119mL)

#### black beans, drained

1/3 can(s) (146g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

#### veggie burger patty

2 patty (142g)

For all 2 meals:

#### veggie burger patty

4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

### Edamame & beet salad

86 cal ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

- balsamic vinaigrette**  
1/2 tbsp (8mL)
- beets, precooked (canned or refrigerated), chopped**  
1 beets (2" dia, sphere) (50g)
- edamame, frozen, shelled**  
4 tbsp (30g)
- mixed greens**  
1/2 cup (15g)

For all 2 meals:

- balsamic vinaigrette**  
1 tbsp (15mL)
- beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)
- edamame, frozen, shelled**  
1/2 cup (59g)
- mixed greens**  
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Dinner 3 [↗](#)

Eat on day 4

### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



Makes 1 container

**cottage cheese & fruit cup**  
1 container (133g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### Cajun tofu

79 cal ● 6g protein ● 5g fat ● 2g carbs ● 0g fiber



- oil**  
1/2 tsp (3mL)
- cajun seasoning**  
2 dash (1g)
- firm tofu, patted dry & cubed**  
2 1/2 oz (71g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)

For all 2 meals:

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

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### Lentil pasta

252 cal ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:

**pasta sauce**  
1/8 jar (24 oz) (84g)  
**lentil pasta**  
2 oz (57g)

For all 2 meals:

**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

1. Cook lentil pasta according to package.
  2. Top with sauce and serve.
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## Dinner 5 [↗](#)

Eat on day 7

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### Basic tempeh

2 oz - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

**oil**  
1 tsp (5mL)  
**tempeh**  
2 oz (57g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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### Simple mozzarella and tomato salad

161 cal ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



**tomatoes, sliced**  
1/2 large whole (3" dia) (91g)  
**fresh mozzarella cheese, sliced**  
1 1/3 oz (38g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 tsp, chopped (2g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:  
**water**  
2 cup(s) (474mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:  
**water**  
14 cup(s) (3318mL)  
**protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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