

Meal Plan - 1100 calorie 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

1108 cal ● 107g protein (39%) ● 23g fat (19%) ● 94g carbs (34%) ● 23g fiber (8%)

Breakfast

120 cal, 4g protein, 18g net carbs, 4g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cal

Dinner

400 cal, 28g protein, 40g net carbs, 9g fat



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cal



[Lentils](#)
116 cal



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

Lunch

370 cal, 27g protein, 35g net carbs, 10g fat



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cal

Protein Supplement(s)

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



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

Day 2

1070 cal ● 113g protein (42%) ● 28g fat (23%) ● 69g carbs (26%) ● 25g fiber (9%)

Breakfast

120 cal, 4g protein, 18g net carbs, 4g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cal

Dinner

360 cal, 34g protein, 15g net carbs, 13g fat



[Roasted carrots](#)
2 carrots(s)- 106 cal



[Vegan crumbles](#)
1 3/4 cup(s)- 256 cal

Lunch

370 cal, 27g protein, 35g net carbs, 10g fat



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cal

Protein Supplement(s)

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



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

Day 3

1060 cals ● 98g protein (37%) ● 33g fat (28%) ● 74g carbs (28%) ● 19g fiber (7%)

Breakfast

225 cals, 14g protein, 16g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Dinner

325 cals, 23g protein, 11g net carbs, 18g fat



[Peanut tempeh](#)

2 oz tempeh- 217 cals



[Caprese salad](#)

107 cals

Lunch

295 cals, 12g protein, 45g net carbs, 4g fat



[Pita bread](#)

1 pita bread(s)- 78 cals



[Tzatziki chickpea tabbouleh salad](#)

215 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 4

1123 cals ● 94g protein (34%) ● 22g fat (17%) ● 116g carbs (41%) ● 21g fiber (8%)

Breakfast

225 cals, 14g protein, 16g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Dinner

385 cals, 19g protein, 53g net carbs, 7g fat



[Lentil & tomato pasta](#)

316 cals



[Caprese salad](#)

71 cals

Lunch

295 cals, 12g protein, 45g net carbs, 4g fat



[Pita bread](#)

1 pita bread(s)- 78 cals



[Tzatziki chickpea tabbouleh salad](#)

215 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 5

1064 cals ● 90g protein (34%) ● 28g fat (24%) ● 88g carbs (33%) ● 24g fiber (9%)

Breakfast

215 cals, 13g protein, 28g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Grapefruit
1/2 grapefruit- 59 cals

Dinner

260 cals, 12g protein, 19g net carbs, 11g fat



Caprese salad
71 cals



Spanish chickpeas
187 cals

Lunch

375 cals, 17g protein, 40g net carbs, 12g fat



Zoodles marinara
225 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1166 cals ● 105g protein (36%) ● 35g fat (27%) ● 86g carbs (29%) ● 22g fiber (8%)

Breakfast

215 cals, 13g protein, 28g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Grapefruit
1/2 grapefruit- 59 cals

Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad
359 cals

Lunch

375 cals, 17g protein, 40g net carbs, 12g fat



Zoodles marinara
225 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1142 cals ● 104g protein (36%) ● 52g fat (41%) ● 50g carbs (17%) ● 16g fiber (6%)

Breakfast

215 cals, 13g protein, 28g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Grapefruit
1/2 grapefruit- 59 cals

Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad
359 cals

Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos
2 taco(s)- 350 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Beverages

- ☐ water
15 cup(s) (3588mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 medium whole (2-3/5" dia) (363g)
- ☐ carrots
4 1/2 medium (281g)
- ☐ cucumber
1/6 cucumber (8-1/4") (50g)
- ☐ fresh parsley
1 1/3 sprigs (1g)
- ☐ tomato paste
3/4 tbsp (12g)
- ☐ canned crushed tomatoes
1/4 can (101g)
- ☐ garlic
1/4 clove(s) (1g)
- ☐ onion
3/8 large (56g)
- ☐ fresh spinach
1/2 10oz package (148g)
- ☐ bell pepper
1/4 large (41g)
- ☐ zucchini
4 medium (784g)

Fats and Oils

- ☐ oil
3/4 oz (22mL)
- ☐ balsamic vinaigrette
3 1/2 tsp (18mL)
- ☐ salad dressing
2 tbsp (30mL)

Spices and Herbs

- ☐ salt
1/3 dash (0g)
- ☐ ground cumin
2 1/2 g (2g)
- ☐ fresh basil
1/4 cup leaves, whole (7g)
- ☐ paprika
5 dash (1g)

Other

- ☐ veggie burger patty
2 patty (142g)
- ☐ tzatziki
1/4 cup(s) (56g)
- ☐ nutritional yeast
3 1/2 g (3g)
- ☐ mixed greens
5/8 package (5.5 oz) (90g)
- ☐ guacamole, store-bought
4 tbsp (62g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)
- ☐ pasta sauce
2 cup (520g)

Dairy and Egg Products

- ☐ butter
1/2 tbsp (7g)
- ☐ fresh mozzarella cheese
1 3/4 oz (50g)
- ☐ eggs
4 large (200g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz) container(s) (450g)
- ☐ whole milk
2 cup (480mL)
- ☐ cheddar cheese
1/2 cup, shredded (57g)

Baked Products

- ☐ bagel
1 small bagel (3" dia) (69g)
- ☐ pita bread
2 pita, small (4" dia) (56g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/3 box (5.8 oz) (55g)
- ☐ uncooked dry pasta
1 oz (32g)
- ☐ seitan
6 oz (170g)

Fruits and Fruit Juices

Legumes and Legume Products

- ☐ lentils, raw
1/3 cup (68g)
- ☐ vegetarian burger crumbles
1 3/4 cup (175g)
- ☐ chickpeas, canned
5/8 can (261g)
- ☐ soy sauce
1/2 tsp (3mL)
- ☐ peanut butter
1 tbsp (16g)
- ☐ tempeh
2 oz (57g)

- ☐ lemon juice
1 1/4 tsp (6mL)
 - ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
 - ☐ avocados
1/2 avocado(s) (101g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Boiled eggs

2 egg(s) - 139 cal● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Lowfat Greek yogurt

1 container(s) - 155 cal● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz) container(s) (450g)

1. This recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cal● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 1 [↗](#)

Eat on day 1, day 2

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 3, day 4

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Tzatziki chickpea tabbouleh salad

215 cals ● 10g protein ● 4g fat ● 31g carbs ● 5g fiber



For single meal:

tzatziki

1/8 cup(s) (28g)

instant couscous, flavored

1/6 box (5.8 oz) (27g)

chickpeas, canned, drained & rinsed

1/6 can (75g)

oil

1/8 tsp (0mL)

ground cumin

1 1/3 dash (0g)

cucumber, chopped

1/8 cucumber (8-1/4") (25g)

tomatoes, chopped

1/6 roma tomato (13g)

fresh parsley, chopped

2/3 sprigs (1g)

lemon juice

1/4 tsp (1mL)

For all 2 meals:

tzatziki

1/4 cup(s) (56g)

instant couscous, flavored

1/3 box (5.8 oz) (55g)

chickpeas, canned, drained & rinsed

1/3 can (149g)

oil

1/6 tsp (1mL)

ground cumin

1/3 tsp (1g)

cucumber, chopped

1/6 cucumber (8-1/4") (50g)

tomatoes, chopped

1/3 roma tomato (27g)

fresh parsley, chopped

1 1/3 sprigs (1g)

lemon juice

1/2 tsp (2mL)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package.
3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

Lunch 3 [↗](#)

Eat on day 5, day 6

Zoodles marinara

225 cals ● 9g protein ● 4g fat ● 28g carbs ● 10g fiber



For single meal:

pasta sauce

1 cup (260g)

zucchini

2 medium (392g)

For all 2 meals:

pasta sauce

2 cup (520g)

zucchini

4 medium (784g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Cheese and guac tacos

2 taco(s) - 350 cal ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
 2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
 3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
 4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
 5. Serve.
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Dinner 1 [🔗](#)

Eat on day 1

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

tomatoes

1/2 small whole (2-2/5" dia) (46g)

oil

1/2 tsp (3mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lentils

116 cals ● 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.

Veggie burger patty

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



Makes 2 patty

veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
 2. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

carrots, sliced

2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



Makes 1 3/4 cup(s)

vegetarian burger crumbles

1 3/4 cup (175g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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Dinner 3 [🔗](#)

Eat on day 3

Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



Makes 2 oz tempeh

nutritional yeast

1/4 tbsp (1g)

soy sauce

1/2 tsp (3mL)

lemon juice

1/4 tbsp (4mL)

peanut butter

1 tbsp (16g)

tempeh

2 oz (57g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Caprese salad

107 cal ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

2 tbsp leaves, whole (3g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

mixed greens

1/4 package (5.5 oz) (39g)

fresh mozzarella cheese

3/4 oz (21g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Dinner 4 [↗](#)

Eat on day 4

Lentil & tomato pasta

316 cals ● 15g protein ● 2g fat ● 51g carbs ● 8g fiber



tomato paste

1/4 tbsp (4g)

oil

1/6 tsp (1mL)

ground cumin

1 dash (0g)

paprika

1 dash (0g)

water

1/4 cup(s) (52mL)

canned crushed tomatoes

1/4 can (101g)

carrots, chopped

1/4 medium (15g)

garlic, minced

1/4 clove(s) (1g)

onion, diced

1/8 large (19g)

lentils, raw

3 tbsp (36g)

uncooked dry pasta

1 oz (32g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



balsamic vinaigrette

1 tsp (5mL)

fresh basil

4 tsp leaves, whole (2g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh mozzarella cheese

1/2 oz (14g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
 2. When serving, top with mozzarella and balsamic vinaigrette.
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Dinner 5 [🔗](#)

Eat on day 5

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



balsamic vinaigrette

1 tsp (5mL)

fresh basil

4 tsp leaves, whole (2g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh mozzarella cheese

1/2 oz (14g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Spanish chickpeas

187 cals ● 8g protein ● 6g fat ● 17g carbs ● 8g fiber



ground cumin

1/4 tbsp (2g)

paprika

4 dash (1g)

oil

1/4 tbsp (4mL)

water

1/4 cup(s) (59mL)

fresh spinach

1 oz (28g)

chickpeas, canned, drained & rinsed

1/4 can (112g)

tomato paste

1/2 tbsp (8g)

bell pepper, deseeded & sliced

1/4 large (41g)

onion, sliced

1/4 large (38g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
 2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
 3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
 4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 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.