

Meal Plan - 1300 calorie high protein pescetarian 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

1349 cals ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

Breakfast

235 cals, 6g protein, 34g net carbs, 7g fat



[Medium toasted bagel with butter](#)
1/2 bagel(s)- 196 cals



[Clementine](#)
1 clementine(s)- 39 cals

Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



[Boiled eggs](#)
2 egg(s)- 139 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

220 cals, 12g protein, 21g net carbs, 9g fat



[Chik'n nuggets](#)
4 nuggets- 221 cals

Dinner

450 cals, 36g protein, 45g net carbs, 8g fat



[Chips and salsa](#)
82 cals



[Southwest shrimp & black bean bowl](#)
369 cals

Day 2

1349 cals ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

Breakfast

235 cals, 6g protein, 34g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Clementine
1 clementine(s)- 39 cals

Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

220 cals, 12g protein, 21g net carbs, 9g fat



Chik'n nuggets
4 nuggets- 221 cals

Dinner

450 cals, 36g protein, 45g net carbs, 8g fat



Chips and salsa
82 cals



Southwest shrimp & black bean bowl
369 cals

Day 3

1252 cals ● 120g protein (38%) ● 52g fat (37%) ● 58g carbs (19%) ● 18g fiber (6%)

Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds
90 cals



Pretzels
110 cals

Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

230 cals, 10g protein, 14g net carbs, 14g fat



Brown rice
1/4 cup brown rice, cooked- 57 cals



Basic tofu
4 oz- 171 cals

Dinner

380 cals, 29g protein, 14g net carbs, 19g fat



Basic tempeh
4 oz- 295 cals



Edamame & beet salad
86 cals

Day 4

1204 cals ● 113g protein (38%) ● 48g fat (36%) ● 63g carbs (21%) ● 17g fiber (6%)

Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cals



Pretzels

110 cals

Snacks

120 cals, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cals



String cheese

1 stick(s)- 83 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

230 cals, 10g protein, 14g net carbs, 14g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Basic tofu

4 oz- 171 cals

Dinner

380 cals, 29g protein, 14g net carbs, 19g fat



Basic tempeh

4 oz- 295 cals



Edamame & beet salad

86 cals

Day 5

1270 cals ● 118g protein (37%) ● 37g fat (26%) ● 97g carbs (31%) ● 20g fiber (6%)

Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cals



Pretzels

110 cals

Snacks

120 cals, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cals



String cheese

1 stick(s)- 83 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

435 cals, 19g protein, 48g net carbs, 16g fat



Crispy chik'n tenders

4 tender(s)- 229 cals



Simple mixed greens salad

102 cals



Apple

1 apple(s)- 105 cals

Dinner

240 cals, 24g protein, 15g net carbs, 6g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals

Day 6

1231 cal ● 131g protein (43%) ● 40g fat (29%) ● 67g carbs (22%) ● 20g fiber (6%)

Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cal

Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)
1 clementine(s)- 39 cal



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

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cal

Lunch

410 cal, 29g protein, 27g net carbs, 18g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cal



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

Dinner

240 cal, 24g protein, 15g net carbs, 6g fat



[Brown rice](#)
1/4 cup brown rice, cooked- 57 cal



[Vegan crumbles](#)
1 1/4 cup(s)- 183 cal

Day 7

1343 cal ● 120g protein (36%) ● 53g fat (35%) ● 78g carbs (23%) ● 19g fiber (6%)

Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cal

Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)
1 clementine(s)- 39 cal



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

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cal

Lunch

410 cal, 29g protein, 27g net carbs, 18g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cal



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

Dinner

350 cal, 13g protein, 26g net carbs, 19g fat



[Sesame peanut zoodles](#)
294 cal



[Fruit juice](#)
1/2 cup(s)- 57 cal

Soups, Sauces, and Gravies

- ☐ salsa
4 tbsp (65g)
- ☐ apple cider vinegar
1 1/3 tbsp (1mL)

Snacks

- ☐ tortilla chips
1 oz (28g)
- ☐ pretzels, hard, salted
3 oz (85g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (568g)
- ☐ frozen corn kernels
1/3 cup (45g)
- ☐ ketchup
3 tbsp (51g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ onion
1/2 small (35g)
- ☐ bell pepper
1 small (74g)
- ☐ green onions
1 tbsp, sliced (8g)
- ☐ zucchini
1 medium (196g)

Finfish and Shellfish Products

- ☐ shrimp, raw
1/2 lbs (227g)

Legumes and Legume Products

- ☐ black beans
2/3 can(s) (293g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ firm tofu
1/2 lbs (227g)
- ☐ vegetarian burger crumbles
2 1/2 cup (250g)
- ☐ soy sauce
1 tbsp (15mL)

Fats and Oils

- ☐ oil
3 tbsp (47mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ salad dressing
2 1/4 tbsp (34mL)

Fruits and Fruit Juices

- ☐ lime juice
3 1/2 tsp (18mL)
- ☐ clementines
6 fruit (444g)
- ☐ apples
1 medium (3" dia) (182g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ fruit juice
4 fl oz (120mL)

Beverages

- ☐ water
18 cup(s) (4352mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Baked Products

- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread
4 slice (128g)

Dairy and Egg Products

- ☐ butter
1/4 stick (23g)
- ☐ eggs
13 large (650g)
- ☐ string cheese
2 stick (56g)

Other

- ☐ vegan chik'n nuggets
8 nuggets (172g)
- ☐ mixed greens
3 1/4 cup (98g)

- ☐ peanut butter
2 tbsp (32g)

Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (106g)

Spices and Herbs

- ☐ chili powder
1/4 tbsp (2g)
- ☐ salt
2 dash (1g)
- ☐ black pepper
2 dash, ground (1g)
- ☐ garlic powder
4 dash (2g)

- ☐ meatless chik'n tenders
4 pieces (102g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ coleslaw mix
1/2 cup (45g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
 - ☐ chia seeds
4 dash (2g)
 - ☐ sesame seeds
4 dash (2g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

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

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Sunflower seeds

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



For single meal:
sunflower kernels
1/2 oz (14g)

For all 3 meals:
sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:
pretzels, hard, salted
1 oz (28g)

For all 3 meals:
pretzels, hard, salted
3 oz (85g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Lunch 1 [↗](#)

Eat on day 1, day 2

Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

vegan chik'n nuggets
4 nuggets (86g)
ketchup
1 tbsp (17g)

For all 2 meals:

vegan chik'n nuggets
8 nuggets (172g)
ketchup
2 tbsp (34g)

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

Lunch 2 [↗](#)

Eat on day 3, day 4

Brown rice

1/4 cup brown rice, cooked - 57 cal ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

brown rice

4 tsp (16g)

salt

1/2 dash (0g)

water

1/6 cup(s) (40mL)

black pepper

1/2 dash, ground (0g)

For all 2 meals:

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (80mL)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Basic tofu

4 oz - 171 cal ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

firm tofu

4 oz (113g)

oil

2 tsp (10mL)

For all 2 meals:

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu 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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Lunch 3 [🔗](#)

Eat on day 5

Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



Makes 4 tender(s)

ketchup

1 tbsp (17g)

meatless chik'n tenders

4 pieces (102g)

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

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.

Apple

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



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 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)

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Toast with butter

1 slice(s) - 114 cals ● 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.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

salsa
2 tbsp (32g)
tortilla chips
1/2 oz (14g)

For all 2 meals:

salsa
4 tbsp (65g)
tortilla chips
1 oz (28g)

1. Serve salsa with the tortilla chips.

Southwest shrimp & black bean bowl

369 cals ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



For single meal:

tomatoes, chopped
1/3 roma tomato (27g)
shrimp, raw, peeled and deveined
4 oz (113g)
black beans, rinsed and drained
1/3 can(s) (146g)
frozen corn kernels
2 2/3 tbsp (23g)
brown rice
1 3/4 tbsp (21g)
chili powder
1/3 tsp (1g)
oil
1/4 tbsp (3mL)
lime juice
1 tsp (5mL)
apple cider vinegar
2/3 tbsp (0mL)

For all 2 meals:

tomatoes, chopped
2/3 roma tomato (53g)
shrimp, raw, peeled and deveined
1/2 lbs (227g)
black beans, rinsed and drained
2/3 can(s) (293g)
frozen corn kernels
1/3 cup (45g)
brown rice
1/4 cup (42g)
chili powder
1/4 tbsp (2g)
oil
1/2 tbsp (7mL)
lime juice
2 tsp (10mL)
apple cider vinegar
1 1/3 tbsp (1mL)

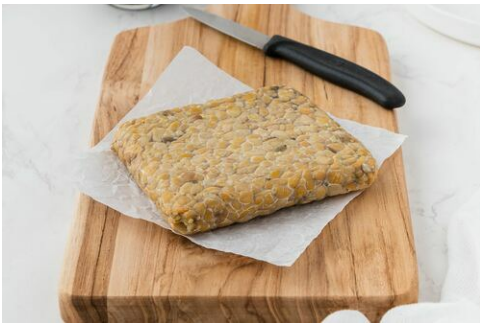
1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

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.

Edamame & beet salad

86 cals ● 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 5, day 6

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

brown rice
4 tsp (16g)
salt
1/2 dash (0g)
water
1/6 cup(s) (40mL)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (80mL)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
-

Dinner 4 [↗](#)

Eat on day 7

Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



chia seeds

4 dash (2g)

lime juice

1/2 tbsp (8mL)

green onions

1 tbsp, sliced (8g)

sesame seeds

4 dash (2g)

soy sauce

1 tbsp (15mL)

peanut butter

2 tbsp (32g)

coleslaw mix

1/2 cup (45g)

zucchini, spiralized

1 medium (196g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

fruit juice

4 fl oz (120mL)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (599mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4191mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.

