

Meal Plan - 1000 calorie low carb 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

988 cals ● 120g protein (49%) ● 41g fat (37%) ● 24g carbs (10%) ● 12g fiber (5%)

Breakfast

180 cals, 27g protein, 3g net carbs, 6g fat



[Egg white spinach scramble](#)
179 cals

Dinner

275 cals, 15g protein, 7g net carbs, 18g fat



[Asparagus](#)
125 cals



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

Lunch

320 cals, 30g protein, 12g net carbs, 16g fat



[Simple sauteed spinach](#)
50 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Protein Supplement(s)

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



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

Day 2

993 cals ● 132g protein (53%) ● 36g fat (32%) ● 29g carbs (12%) ● 7g fiber (3%)

Breakfast

180 cals, 27g protein, 3g net carbs, 6g fat



[Egg white spinach scramble](#)
179 cals

Dinner

280 cals, 26g protein, 13g net carbs, 13g fat



[Sauteed mushrooms](#)
4 oz mushrooms- 95 cals



[Simple seitan](#)
3 oz- 183 cals

Lunch

320 cals, 30g protein, 12g net carbs, 16g fat



[Simple sauteed spinach](#)
50 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Protein Supplement(s)

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



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

Day 3

969 cals ● 98g protein (41%) ● 46g fat (43%) ● 30g carbs (12%) ● 10g fiber (4%)

Breakfast

190 cals, 22g protein, 9g net carbs, 7g fat



Tomato mushroom egg white omelet
115 cals



Milk
1/2 cup(s)- 75 cals

Dinner

290 cals, 10g protein, 7g net carbs, 23g fat



Roasted tomatoes
2 tomato(es)- 119 cals



Basic tofu
4 oz- 171 cals

Lunch

270 cals, 18g protein, 12g net carbs, 15g fat



Simple kale salad
1 cup(s)- 55 cals



Peanut tempeh
2 oz tempeh- 217 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

956 cals ● 100g protein (42%) ● 43g fat (40%) ● 31g carbs (13%) ● 11g fiber (5%)

Breakfast

190 cals, 22g protein, 9g net carbs, 7g fat



Tomato mushroom egg white omelet
115 cals



Milk
1/2 cup(s)- 75 cals

Dinner

275 cals, 13g protein, 8g net carbs, 20g fat



Cooked peppers
1 bell pepper(s)- 120 cals



Cajun tofu
157 cals

Lunch

270 cals, 18g protein, 12g net carbs, 15g fat



Simple kale salad
1 cup(s)- 55 cals



Peanut tempeh
2 oz tempeh- 217 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1031 cal ● 91g protein (35%) ● 59g fat (52%) ● 27g carbs (10%) ● 7g fiber (3%)

Breakfast

145 cal, 10g protein, 6g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cal



Milk
1/2 cup(s)- 75 cal

Dinner

310 cal, 16g protein, 14g net carbs, 21g fat



Lemon pepper tofu
7 oz- 252 cal



Roasted tomatoes
1 tomato(es)- 60 cal

Lunch

360 cal, 16g protein, 4g net carbs, 29g fat



Pumpkin seeds
183 cal



Cheese and guac tacos
1 taco(s)- 175 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Day 6

1002 cal ● 96g protein (38%) ● 46g fat (41%) ● 30g carbs (12%) ● 21g fiber (8%)

Breakfast

145 cal, 10g protein, 6g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cal



Milk
1/2 cup(s)- 75 cal

Dinner

270 cal, 24g protein, 7g net carbs, 13g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cal



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

Lunch

370 cal, 13g protein, 15g net carbs, 24g fat



Goat cheese and marinara stuffed zucchini
2 zucchini halve(s)- 192 cal



Tomato and avocado salad
176 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Day 7

1002 cals ● 96g protein (38%) ● 46g fat (41%) ● 30g carbs (12%) ● 21g fiber (8%)

Breakfast

145 cals, 10g protein, 6g net carbs, 9g fat



Boiled eggs

1 egg(s)- 69 cals



Milk

1/2 cup(s)- 75 cals

Dinner

270 cals, 24g protein, 7g net carbs, 13g fat



Roasted tomatoes

1 1/2 tomato(es)- 89 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals

Lunch

370 cals, 13g protein, 15g net carbs, 24g fat



Goat cheese and marinara stuffed zucchini

2 zucchini halve(s)- 192 cals



Tomato and avocado salad

176 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Beverages

- water
14 cup(s) (3318mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Vegetables and Vegetable Products

- asparagus
4 oz (113g)
- garlic
1/2 clove (2g)
- fresh spinach
5 1/2 cup(s) (165g)
- mushrooms
5 oz (137g)
- kale leaves
2 cup, chopped (80g)
- tomatoes
5 1/2 medium whole (2-3/5" dia) (684g)
- bell pepper
1 large (164g)
- zucchini
2 large (646g)
- onion
1 1/2 tbsp minced (23g)

Fruits and Fruit Juices

- lemon juice
1 1/4 tbsp (19mL)
- lemon
1/2 small (29g)
- lime juice
1 1/2 tbsp (23mL)
- avocados
3/4 avocado(s) (151g)

Spices and Herbs

- salt
5 1/2 g (5g)
- black pepper
1/2 tbsp, ground (3g)
- cajun seasoning
4 dash (1g)
- lemon pepper
2 dash (1g)
- garlic powder
3 dash (1g)

Legumes and Legume Products

- tempeh
6 oz (170g)
- soy sauce
1 tsp (5mL)
- peanut butter
2 tbsp (32g)
- firm tofu
1 lbs (454g)
- vegetarian burger crumbles
2 1/2 cup (250g)

Other

- vegan sausage
2 sausage (200g)
- nutritional yeast
1/2 tbsp (2g)
- guacamole, store-bought
2 tbsp (31g)

Dairy and Egg Products

- low fat cottage cheese (1% milkfat)
1/2 lbs (198g)
- eggs
7 medium (312g)
- egg whites
12 large (396g)
- whole milk
2 1/2 cup (600mL)
- cheddar cheese
4 tbsp, shredded (28g)
- goat cheese
2 oz (57g)

Cereal Grains and Pasta

- seitan
3 oz (85g)
- cornstarch
1 tbsp (8g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Soups, Sauces, and Gravies

Fats and Oils

olive oil
5 tsp (24mL)

oil
2 1/2 oz (77mL)

salad dressing
2 tbsp (30mL)

pasta sauce
1/2 cup (130g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg white spinach scramble

179 cal ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

fresh spinach

3/4 cup(s) (23g)

low fat cottage cheese (1% milkfat)

3 tbsp (42g)

eggs

1 extra large (56g)

egg whites

4 large (132g)

black pepper

2 dash, ground (1g)

salt

1 dash (0g)

For all 2 meals:

fresh spinach

1 1/2 cup(s) (45g)

low fat cottage cheese (1% milkfat)

6 tbsp (85g)

eggs

2 extra large (112g)

egg whites

8 large (264g)

black pepper

4 dash, ground (1g)

salt

2 dash (1g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Tomato mushroom egg white omelet

115 cal ● 18g protein ● 3g fat ● 3g carbs ● 0g fiber



For single meal:

tomatoes, chopped
1/4 small whole (2-2/5" dia) (23g)
mushrooms, chopped
2 2/3 tbsp, pieces or slices (12g)
eggs
1/2 large (25g)
egg whites
2 large (66g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
black pepper
1 dash, ground (0g)

For all 2 meals:

tomatoes, chopped
1/2 small whole (2-2/5" dia) (46g)
mushrooms, chopped
1/3 cup, pieces or slices (23g)
eggs
1 large (50g)
egg whites
4 large (132g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
black pepper
2 dash, ground (1g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

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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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

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 3 meals:

whole milk
1 1/2 cup (360mL)

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

Eat on day 1, day 2

Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Vegan sausage

1 sausage(s) - 268 cal ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



For single meal:

salad dressing

1 tbsp (15mL)

kale leaves

1 cup, chopped (40g)

For all 2 meals:

salad dressing

2 tbsp (30mL)

kale leaves

2 cup, chopped (80g)

1. Toss kale in dressing of your choice and serve.
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Peanut tempeh

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



For single meal:

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)

For all 2 meals:

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

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.
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Lunch 3 [↗](#)

Eat on day 5

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. This recipe has no instructions.

Cheese and guac tacos

1 taco(s) - 175 cal ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



Makes 1 taco(s)

cheddar cheese

4 tbsp, shredded (28g)

guacamole, store-bought

2 tbsp (31g)

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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Lunch 4 [↗](#)

Eat on day 6, day 7

Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cal ● 11g protein ● 10g fat ● 10g carbs ● 5g fiber



For single meal:

zucchini
1 large (323g)
pasta sauce
4 tbsp (65g)
goat cheese
1 oz (28g)

For all 2 meals:

zucchini
2 large (646g)
pasta sauce
1/2 cup (130g)
goat cheese
2 oz (57g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia) (46g)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)

For all 2 meals:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Dinner 1 [↗](#)

Eat on day 1

Asparagus

125 cals ● 3g protein ● 10g fat ● 3g carbs ● 3g fiber



asparagus

4 oz (113g)

lemon juice

3/4 tbsp (11mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

3/4 tbsp (11mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Basic tempeh

2 oz - 148 cals ● 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.

Dinner 2 [↗](#)

Eat on day 2

Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

oil

1/2 tbsp (8mL)

mushrooms, sliced

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



Makes 3 oz

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 3 [↗](#)

Eat on day 3

Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

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.

Basic tofu

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



Makes 4 oz

firm tofu
4 oz (113g)
oil
2 tsp (10mL)

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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Dinner 4 [↗](#)

Eat on day 4

Cooked peppers

1 bell pepper(s) - 120 cal ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

oil

2 tsp (10mL)

bell pepper, seeded & cut into strips

1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Cajun tofu

157 cal ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



oil

1 tsp (5mL)

cajun seasoning

4 dash (1g)

firm tofu, patted dry & cubed

5 oz (142g)

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.

Dinner 5 [↗](#)

Eat on day 5

Lemon pepper tofu

7 oz - 252 cal ● 15g protein ● 16g fat ● 12g carbs ● 0g fiber



Makes 7 oz

lemon pepper

2 dash (1g)

oil

1/2 tbsp (8mL)

cornstarch

1 tbsp (8g)

lemon, zested

1/2 small (29g)

firm tofu, patted dry & cubed

1/2 lbs (198g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Roasted tomatoes

1 tomato(es) - 60 cal● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

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.

Dinner 6 [↗](#)

Eat on day 6, day 7

Roasted tomatoes

1 1/2 tomato(es) - 89 cal● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

oil

1/2 tbsp (8mL)

For all 2 meals:

tomatoes

3 small whole (2-2/5" dia) (273g)

oil

1 tbsp (15mL)

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.

Vegan crumbles

1 1/4 cup(s) - 183 cal● 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.
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Protein Supplement(s) [↗](#)

Eat every day

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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