

Meal Plan - 2600 calorie intermittent fasting 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

2571 cals ● 164g protein (25%) ● 121g fat (42%) ● 173g carbs (27%) ● 36g fiber (6%)

Lunch

1065 cals, 45g protein, 82g net carbs, 55g fat



[Grilled cheese with mushrooms](#)
970 cals



[Cranberry spinach salad](#)
95 cals

Dinner

1235 cals, 59g protein, 88g net carbs, 64g fat



[Kefir](#)
300 cals



[Goat cheese and marinara stuffed zucchini](#)
7 zucchini halve(s)- 672 cals



[Walnuts](#)
3/8 cup(s)- 262 cals

Protein Supplement(s)

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



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

Day 2

2577 cals ● 169g protein (26%) ● 104g fat (36%) ● 194g carbs (30%) ● 47g fiber (7%)

Lunch

1065 cals, 45g protein, 82g net carbs, 55g fat



[Grilled cheese with mushrooms](#)
970 cals



[Cranberry spinach salad](#)
95 cals

Dinner

1240 cals, 64g protein, 110g net carbs, 47g fat



[Tomato and avocado salad](#)
117 cals



[Milk](#)
1 2/3 cup(s)- 248 cals



[Bean & tofu goulash](#)
874 cals

Protein Supplement(s)

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



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

Day 3

2651 cals ● 168g protein (25%) ● 127g fat (43%) ● 168g carbs (25%) ● 41g fiber (6%)

Lunch

1140 cals, 43g protein, 55g net carbs, 79g fat



Greek cucumber & feta salad
303 cals



Pesto grilled cheese sandwich
1 1/2 sandwich(es)- 836 cals

Dinner

1240 cals, 64g protein, 110g net carbs, 47g fat



Tomato and avocado salad
117 cals



Milk
1 2/3 cup(s)- 248 cals



Bean & tofu goulash
874 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2549 cals ● 179g protein (28%) ● 104g fat (37%) ● 192g carbs (30%) ● 33g fiber (5%)

Lunch

1140 cals, 43g protein, 55g net carbs, 79g fat



Greek cucumber & feta salad
303 cals



Pesto grilled cheese sandwich
1 1/2 sandwich(es)- 836 cals

Dinner

1140 cals, 76g protein, 135g net carbs, 24g fat



Tomato cucumber salad
141 cals



Chik'n stir fry
997 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2337 cals ● 164g protein (28%) ● 89g fat (34%) ● 179g carbs (31%) ● 41g fiber (7%)

Lunch

885 cals, 38g protein, 49g net carbs, 56g fat



Butternut squash quinoa salad
403 cals



Simple mozzarella and tomato salad
484 cals

Dinner

1180 cals, 65g protein, 128g net carbs, 32g fat



Vegan meatball sub
2 sub(s)- 936 cals



Tossed salad
242 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2628 calsgreen163g protein (25%)orange142g fat (49%)blue114g carbs (17%)grey59g fiber (9%)

Lunch

1130 calsgreen63g protein, 45g net carbs, 67g fat



Peanut tempeh
6 oz tempeh- 651 calsgreen



Tomato and avocado salad
293 calsgreen



Milk
1 1/4 cup(s)- 186 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1225 calsgreen40g protein, 67g net carbs, 74g fat



Sunflower seeds
406 calsgreen



Dinner roll
3 roll- 231 calsgreen



Zoodles with avocado sauce
588 calsgreen

Day 7

2628 calsgreen163g protein (25%)orange142g fat (49%)blue114g carbs (17%)grey59g fiber (9%)

Lunch

1130 calsgreen63g protein, 45g net carbs, 67g fat



Peanut tempeh
6 oz tempeh- 651 calsgreen



Tomato and avocado salad
293 calsgreen



Milk
1 1/4 cup(s)- 186 calsgreen

Protein Supplement(s)

275 calsgreen61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 calsgreen

Dinner

1225 calsgreen40g protein, 67g net carbs, 74g fat



Sunflower seeds
406 calsgreen



Dinner roll
3 roll- 231 calsgreen



Zoodles with avocado sauce
588 calsgreen

Vegetables and Vegetable Products

- ☐ mushrooms
3 cup, chopped (210g)
- ☐ fresh spinach
1/4 6oz package (43g)
- ☐ zucchini
6 large (1938g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (273g)
- ☐ tomatoes
10 medium whole (2-3/5" dia) (1217g)
- ☐ garlic
2 clove (6g)
- ☐ cucumber
3 1/4 cucumber (8-1/4") (978g)
- ☐ red onion
1/2 medium (2-1/2" dia) (63g)
- ☐ carrots
4 1/2 small (5-1/2" long) (225g)
- ☐ bell pepper
1 3/4 medium (208g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ butternut squash, raw
3/4 cup, cubes (105g)

Fats and Oils

- ☐ olive oil
3 oz (98mL)
- ☐ raspberry walnut vinaigrette
4 tsp (19mL)
- ☐ oil
2 tbsp (30mL)
- ☐ salad dressing
4 tbsp (60mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)

Spices and Herbs

- ☐ thyme, dried
2 tbsp, ground (8g)
- ☐ garlic powder
1 tsp (3g)
- ☐ salt
1/4 oz (6g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ fresh thyme
1 tsp (1g)

Fruits and Fruit Juices

- ☐ dried cranberries
4 tsp (13g)
- ☐ lime juice
1/4 cup (53mL)
- ☐ avocados
4 1/4 avocado(s) (854g)
- ☐ lemon juice
1/2 cup (135mL)

Nut and Seed Products

- ☐ walnuts
1 2/3 oz (47g)
- ☐ roasted pumpkin seeds, unsalted
1 tbsp (7g)
- ☐ sunflower kernels
1/4 lbs (128g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 1/2 cup (358g)
- ☐ pesto sauce
3 tbsp (48g)

Beverages

- ☐ water
19 2/3 cup(s) (4657mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Legumes and Legume Products

- ☐ firm tofu
14 oz (397g)
- ☐ white beans, canned
2 can(s) (878g)
- ☐ soy sauce
2 1/2 oz (59mL)
- ☐ peanut butter
6 tbsp (97g)
- ☐ tempeh
3/4 lbs (340g)

Other

- ☐ vegan chik'n strips
1/2 lbs (248g)

- ☐ paprika
2 tbsp (14g)
- ☐ dill weed, fresh
2 1/2 tbsp, chopped (4g)
- ☐ red wine vinegar
5 tbsp (75mL)
- ☐ fresh basil
2 1/3 oz (65g)

Baked Products

- ☐ bread
1 1/4 lbs (576g)
- ☐ Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)

Dairy and Egg Products

- ☐ sliced cheese
6 slice (3/4 oz ea) (126g)
- ☐ romano cheese
1/4 tbsp (2g)
- ☐ kefir, flavored
2 cup (480mL)
- ☐ goat cheese
1/4 lbs (99g)
- ☐ whole milk
6 cup (1399mL)
- ☐ feta cheese
1/4 lbs (103g)
- ☐ butter
3 tbsp (43g)
- ☐ cheese
6 slice (1 oz each) (168g)
- ☐ fresh mozzarella cheese
4 oz (113g)

- ☐ vegan meatballs, frozen
8 meatball(s) (240g)
- ☐ nutritional yeast
1/4 oz (8g)
- ☐ sub roll(s)
2 roll(s) (170g)

Cereal Grains and Pasta

- ☐ brown rice
2/3 cup (125g)
- ☐ quinoa, uncooked
4 tbsp (43g)



Lunch 1 [↗](#)

Eat on day 1, day 2

Grilled cheese with mushrooms

970 cal ● 43g protein ● 49g fat ● 75g carbs ● 14g fiber



For single meal:

mushrooms
1 1/2 cup, chopped (105g)
olive oil
1 1/2 tbsp (23mL)
thyme, dried
1 tbsp, ground (4g)
bread
6 slice(s) (192g)
sliced cheese
3 slice (3/4 oz ea) (63g)

For all 2 meals:

mushrooms
3 cup, chopped (210g)
olive oil
3 tbsp (45mL)
thyme, dried
2 tbsp, ground (8g)
bread
12 slice(s) (384g)
sliced cheese
6 slice (3/4 oz ea) (126g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Cranberry spinach salad

95 cal ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



For single meal:

dried cranberries
2 tsp (7g)
walnuts
2 tsp, chopped (5g)
fresh spinach
1/8 6oz package (21g)
raspberry walnut vinaigrette
2 tsp (10mL)
romano cheese, finely shredded
3 dash (1g)

For all 2 meals:

dried cranberries
4 tsp (13g)
walnuts
4 tsp, chopped (10g)
fresh spinach
1/4 6oz package (43g)
raspberry walnut vinaigrette
4 tsp (20mL)
romano cheese, finely shredded
1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Greek cucumber & feta salad

303 cals ● 11g protein ● 21g fat ● 15g carbs ● 2g fiber



For single meal:

cucumber

1 1/4 cucumber (8-1/4") (376g)

dill weed, fresh

1 1/4 tbsp, chopped (2g)

black pepper

1 1/4 dash (0g)

feta cheese

5 tbsp, crumbled (47g)

red wine vinegar

2 1/2 tbsp (38mL)

olive oil

2 1/2 tsp (13mL)

salt

1 1/4 dash (1g)

For all 2 meals:

cucumber

2 1/2 cucumber (8-1/4") (753g)

dill weed, fresh

2 1/2 tbsp, chopped (4g)

black pepper

1/3 tsp (0g)

feta cheese

10 tbsp, crumbled (94g)

red wine vinegar

5 tbsp (75mL)

olive oil

5 tsp (25mL)

salt

1/3 tsp (1g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



For single meal:

bread

3 slice (96g)

butter, softened

1 1/2 tbsp (21g)

pesto sauce

1 1/2 tbsp (24g)

cheese

3 slice (1 oz each) (84g)

tomatoes

3 slice(s), thin/small (45g)

For all 2 meals:

bread

6 slice (192g)

butter, softened

3 tbsp (43g)

pesto sauce

3 tbsp (48g)

cheese

6 slice (1 oz each) (168g)

tomatoes

6 slice(s), thin/small (90g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 3 [🔗](#)

Eat on day 5

Butternut squash quinoa salad

403 cals ● 11g protein ● 22g fat ● 35g carbs ● 6g fiber



olive oil, divided

1 tbsp (15mL)

butternut squash, raw, peeled, deseeded, cubed

3/4 cup, cubes (105g)

quinoa, uncooked

4 tbsp (43g)

roasted pumpkin seeds, unsalted

1 tbsp (7g)

feta cheese

1 tbsp (9g)

1. Preheat oven to 400°F (200°C).
2. Toss butternut squash cubes with just half the oil and salt/pepper to taste. Arrange on a baking sheet and cook for 25-30 minutes until tender.
3. Meanwhile, cook quinoa according to package.
4. Transfer quinoa to bowl and top with butternut squash, pumpkin seeds, and feta. Drizzle with remaining olive oil and serve.

Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

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

Lunch 4 [🔗](#)

Eat on day 6, day 7

Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

nutritional yeast

3/4 tbsp (3g)

soy sauce

1/2 tbsp (8mL)

lemon juice

3/4 tbsp (11mL)

peanut butter

3 tbsp (48g)

tempeh

6 oz (170g)

For all 2 meals:

nutritional yeast

1 1/2 tbsp (6g)

soy sauce

1 tbsp (15mL)

lemon juice

1 1/2 tbsp (23mL)

peanut butter

6 tbsp (97g)

tempeh

3/4 lbs (340g)

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.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



For single meal:

onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

onion
2 1/2 tbsp minced (38g)
lime juice
2 1/2 tbsp (38mL)
avocados, cubed
1 1/4 avocado(s) (251g)
tomatoes, diced
1 1/4 medium whole (2-3/5" dia) (154g)
olive oil
2 tsp (9mL)
garlic powder
5 dash (2g)
salt
5 dash (4g)
black pepper
5 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.

Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk
1 1/4 cup (300mL)

For all 2 meals:

whole milk
2 1/2 cup (600mL)

1. This recipe has no instructions.
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Dinner 1 [🔗](#)

Eat on day 1

Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Goat cheese and marinara stuffed zucchini

7 zucchini halve(s) - 672 cals ● 37g protein ● 35g fat ● 36g carbs ● 16g fiber



Makes 7 zucchini halve(s)

zucchini
3 1/2 large (1131g)
pasta sauce
14 tbsp (228g)
goat cheese
1/4 lbs (99g)

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.

Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



Makes 3/8 cup(s)

walnuts
6 tbsp, shelled (38g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2, day 3

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 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.

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 2/3 cup (400mL)

For all 2 meals:

whole milk
1/4 gallon (800mL)

1. This recipe has no instructions.

Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



For single meal:

fresh thyme
4 dash (0g)
paprika
1 tbsp (7g)
oil
1 tbsp (15mL)
garlic, minced
1 clove (3g)
onion, diced
1 medium (2-1/2" dia) (110g)
firm tofu, drained and diced
1/2 lbs (198g)
white beans, canned, drained & rinsed
1 can(s) (439g)

For all 2 meals:

fresh thyme
1 tsp (1g)
paprika
2 tbsp (14g)
oil
2 tbsp (30mL)
garlic, minced
2 clove (6g)
onion, diced
2 medium (2-1/2" dia) (220g)
firm tofu, drained and diced
14 oz (397g)
white beans, canned, drained & rinsed
2 can(s) (878g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Dinner 3 [🔗](#)

Eat on day 4

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
red onion, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Chik'n stir fry

997 cals ● 72g protein ● 17g fat ● 120g carbs ● 19g fiber



vegan chik'n strips
1/2 lbs (248g)
carrots, cut into thin strips
3 1/2 small (5-1/2" long) (175g)
water
1 1/3 cup(s) (311mL)
soy sauce
3 tbsp (44mL)
bell pepper, deseeded & cut into thin strips
1 3/4 medium (208g)
brown rice
2/3 cup (125g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Dinner 4 [🔗](#)

Eat on day 5

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



Makes 2 sub(s)
vegan meatballs, frozen
8 meatball(s) (240g)
pasta sauce
1/2 cup (130g)
nutritional yeast
2 tsp (3g)
sub roll(s)
2 roll(s) (170g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 5 [↗](#)

Eat on day 6, day 7

Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



For single meal:

sunflower kernels
2 1/4 oz (64g)

For all 2 meals:

sunflower kernels
1/4 lbs (128g)

1. This recipe has no instructions.

Dinner roll

3 roll - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll
3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

water
3/8 cup(s) (99mL)
lemon juice
1/4 cup (56mL)
tomatoes, halved
12 1/2 cherry tomatoes (213g)
fresh basil
1 1/4 cup leaves, whole (30g)
zucchini
1 1/4 large (404g)
avocados, peeled and seed removed
1 1/4 avocado(s) (251g)

For all 2 meals:

water
5/6 cup(s) (197mL)
lemon juice
1/2 cup (113mL)
tomatoes, halved
25 cherry tomatoes (425g)
fresh basil
2 1/2 cup leaves, whole (60g)
zucchini
2 1/2 large (808g)
avocados, peeled and seed removed
2 1/2 avocado(s) (503g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

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) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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