

Meal Plan - 2700 calorie intermittent fasting vegetarian meal plan



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

Day 1 2491 cals ● 183g protein (29%) ● 103g fat (37%) ● 171g carbs (27%) ● 37g fiber (6%)

Lunch

1050 cals, 56g protein, 64g net carbs, 54g fat



Avocado egg salad sandwich
1 sandwich(es)- 562 cals



Lowfat Greek yogurt
2 container(s)- 310 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1170 cals, 67g protein, 105g net carbs, 48g fat



Brown rice
5/6 cup brown rice, cooked- 191 cals



Vegan sausage & veggie sheet pan
720 cals



Milk
1 3/4 cup(s)- 261 cals

Day 2 2497 cals ● 167g protein (27%) ● 121g fat (44%) ● 157g carbs (25%) ● 28g fiber (4%)

Lunch

1055 cals, 40g protein, 50g net carbs, 72g fat



Pistachios
188 cals



White rice
3/4 cup rice, cooked- 165 cals



Cheese and guac tacos
4 taco(s)- 700 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1170 cals, 67g protein, 105g net carbs, 48g fat



Brown rice
5/6 cup brown rice, cooked- 191 cals



Vegan sausage & veggie sheet pan
720 cals



Milk
1 3/4 cup(s)- 261 cals

Day 3

2721 cals ● 195g protein (29%) ● 63g fat (21%) ● 287g carbs (42%) ● 58g fiber (9%)

Lunch

1255 cals, 70g protein, 157g net carbs, 27g fat



Cottage cheese & fruit cup
2 container- 261 cals



Vegetarian chickpea sandwiches
2 sandwich(es)- 685 cals



Dinner roll
4 roll- 308 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1195 cals, 64g protein, 127g net carbs, 34g fat



Garlic collard greens
199 cals



Couscous
552 cals



Basic tempeh
6 oz- 443 cals

Day 4

2660 cals ● 177g protein (27%) ● 95g fat (32%) ● 239g carbs (36%) ● 36g fiber (5%)

Lunch

1200 cals, 39g protein, 124g net carbs, 54g fat



Celery and peanut butter
436 cals



Peanut butter and jelly sandwich
2 sandwich(es)- 763 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1190 cals, 77g protein, 113g net carbs, 40g fat



Crispy chik'n tenders
14 2/3 tender(s)- 838 cals



Easy chickpea salad
350 cals

Day 5

2703 cals ● 180g protein (27%) ● 92g fat (31%) ● 226g carbs (33%) ● 63g fiber (9%)

Lunch

1170 cals, 56g protein, 136g net carbs, 32g fat



Naan bread
2 piece(s)- 524 cals



Curried chickpea salad
644 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dinner

1260 cals, 63g protein, 87g net carbs, 59g fat



Simple mozzarella and tomato salad
403 cals



Chickpea & chickpea pasta
859 cals

Day 6

2624 cal ● 196g protein (30%) ● 92g fat (32%) ● 200g carbs (31%) ● 52g fiber (8%)

Lunch

1170 cal, 56g protein, 136g net carbs, 32g fat



Naan bread
2 piece(s)- 524 cal



Curried chickpea salad
644 cal

Dinner

1185 cal, 80g protein, 62g net carbs, 59g fat



White rice
1/4 cup rice, cooked- 55 cal



Milk
1 3/4 cup(s)- 261 cal



Peanut tempeh
8 oz tempeh- 868 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Day 7

2723 cal ● 177g protein (26%) ● 96g fat (32%) ● 244g carbs (36%) ● 44g fiber (6%)

Lunch

1265 cal, 36g protein, 180g net carbs, 35g fat



Belizean rice & beans
1267 cal

Dinner

1185 cal, 80g protein, 62g net carbs, 59g fat



White rice
1/4 cup rice, cooked- 55 cal



Milk
1 3/4 cup(s)- 261 cal



Peanut tempeh
8 oz tempeh- 868 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Vegetables and Vegetable Products

- tomatoes
3 1/4 medium whole (2-3/5" dia) (395g)
- broccoli
3 cup chopped (273g)
- carrots
3 medium (183g)
- potatoes
3 small (1-3/4" to 2-1/4" dia.) (276g)
- raw celery
1/2 bunch (255g)
- onion
1 3/4 medium (2-1/2" dia) (194g)
- collard greens
10 oz (284g)
- garlic
7 1/2 clove(s) (23g)
- ketchup
1/4 cup (62g)
- fresh parsley
2 1/4 sprigs (2g)
- red bell pepper
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (52g)

Spices and Herbs

- garlic powder
4 dash (2g)
- salt
1/2 tbsp (8g)
- black pepper
1 tsp, ground (2g)
- dried dill weed
1/4 tbsp (1g)
- balsamic vinegar
3/4 tbsp (11mL)
- fresh basil
5 tsp, chopped (4g)
- curry powder
2 tsp (4g)

Fruits and Fruit Juices

- avocados
1 avocado(s) (201g)
- lemon juice
3 1/2 fl oz (102mL)

Baked Products

Cereal Grains and Pasta

- brown rice
1/2 cup (106g)
- long-grain white rice
1 1/4 cup (239g)
- instant couscous, flavored
1 box (5.8 oz) (151g)

Beverages

- water
20 cup(s) (4764mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- italian seasoning
1/2 tbsp (5g)
- vegan sausage
3 sausage (300g)
- guacamole, store-bought
1/2 cup (124g)
- cottage cheese & fruit cup
2 container (340g)
- meatless chik'n tenders
14 2/3 pieces (374g)
- nutritional yeast
1/3 oz (9g)
- chickpea pasta
3 oz (85g)
- mixed greens
4 oz (113g)

Fats and Oils

- oil
2 oz (64mL)
- mayonnaise
2 tsp (10mL)
- balsamic vinaigrette
5 tsp (24mL)

Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- sunflower kernels
4 tbsp (48g)

bread
10 slice (320g)

Roll
4 pan, dinner, or small roll (2" square, 2" high)
(112g)

naan bread
4 piece (360g)

Dairy and Egg Products

eggs
3 large (150g)

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

whole milk
1/2 gallon (1680mL)

cheddar cheese
1 cup, shredded (113g)

fresh mozzarella cheese
3 1/3 oz (95g)

butter
3/4 tbsp (11g)

nonfat greek yogurt, plain
1/2 cup (140g)

coconut milk, canned
2/3 cup (158mL)

Legumes and Legume Products

chickpeas, canned
4 can (1867g)

tempeh
22 oz (624g)

peanut butter
1/2 lbs (225g)

soy sauce
4 tsp (20mL)

kidney beans
7/8 can (392g)

Soups, Sauces, and Gravies

apple cider vinegar
3/4 tbsp (1mL)

Sweets

jelly
4 serving 1 tbsp (84g)

Lunch 1 [↗](#)

Eat on day 1

Avocado egg salad sandwich

1 sandwich(es) - 562 cal ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

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)

Lowfat Greek yogurt

2 container(s) - 310 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Lunch 2 [↗](#)

Eat on day 2

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

White rice

3/4 cup rice, cooked - 165 cal ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked



long-grain white rice
4 tbsp (46g)
water
1/2 cup(s) (119mL)
salt
2 dash (2g)
black pepper
1 1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Cheese and guac tacos

4 taco(s) - 700 cals ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



Makes 4 taco(s)

cheddar cheese

1 cup, shredded (113g)

guacamole, store-bought

1/2 cup (124g)

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.

Lunch 3 [↗](#)

Eat on day 3

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Vegetarian chickpea sandwiches

2 sandwich(es) - 685 cals ● 32g protein ● 17g fat ● 79g carbs ● 22g fiber



Makes 2 sandwich(es)

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long) (27g)

onion, chopped

1/3 medium (2-1/2" dia) (37g)

mayonnaise

2 tsp (10mL)

lemon juice

2 tsp (10mL)

dried dill weed

1/4 tbsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

bread

4 slice (128g)

chickpeas, canned

2/3 can (299g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Dinner roll

4 roll - 308 cal ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



Makes 4 roll

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Lunch 4 [🔗](#)

Eat on day 4

Celery and peanut butter

436 cal ● 15g protein ● 33g fat ● 13g carbs ● 6g fiber



raw celery

4 stalk, medium (7-1/2" - 8" long) (160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Peanut butter and jelly sandwich

2 sandwich(es) - 763 cal ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



Makes 2 sandwich(es)

bread

4 slice (128g)

peanut butter

2 tbsp (32g)

jelly

4 serving 1 tbsp (84g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 5 [🔗](#)

Eat on day 5, day 6

Naan bread

2 piece(s) - 524 cal ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

naan bread

2 piece (180g)

For all 2 meals:

naan bread

4 piece (360g)

1. This recipe has no instructions.

Curried chickpea salad

644 cal ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



For single meal:

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)

For all 2 meals:

mixed greens

4 oz (113g)

sunflower kernels

4 tbsp (48g)

raw celery, sliced

4 stalk, small (5" long) (68g)

curry powder

2 tsp (4g)

nonfat greek yogurt, plain

1/2 cup (140g)

lemon juice, divided

4 tbsp (60mL)

chickpeas, canned, drained & rinsed

2 can (896g)

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.

Lunch 6 [↗](#)

Eat on day 7

Belizean rice & beans

1267 cals ● 36g protein ● 35g fat ● 180g carbs ● 21g fiber



garlic, minced

2 1/2 clove(s) (8g)

onion, chopped

1/2 medium (2-1/2" dia) (48g)

red bell pepper, chopped

1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (52g)

long-grain white rice

14 tbsp (162g)

water

2/3 cup(s) (156mL)

kidney beans, drained

7/8 can (392g)

coconut milk, canned

2/3 cup (158mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Brown rice

5/6 cup brown rice, cooked - 191 cals ● 4g protein ● 2g fat ● 39g carbs ● 2g fiber



For single meal:

brown rice

1/4 cup (53g)

salt

1/4 tsp (1g)

water

1/2 cup(s) (132mL)

black pepper

1/4 tsp, ground (0g)

For all 2 meals:

brown rice

1/2 cup (106g)

salt

1/2 tsp (3g)

water

1 cup(s) (263mL)

black pepper

1/2 tsp, ground (1g)

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 sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

- italian seasoning**
1/4 tbsp (3g)
- oil**
1 tbsp (15mL)
- broccoli, chopped**
1 1/2 cup chopped (137g)
- carrots, sliced**
1 1/2 medium (92g)
- potatoes, cut into wedges**
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
- vegan sausage, cut into bite sized pieces**
1 1/2 sausage (150g)

For all 2 meals:

- italian seasoning**
1/2 tbsp (5g)
- oil**
2 tbsp (30mL)
- broccoli, chopped**
3 cup chopped (273g)
- carrots, sliced**
3 medium (183g)
- potatoes, cut into wedges**
3 small (1-3/4" to 2-1/4" dia.) (276g)
- vegan sausage, cut into bite sized pieces**
3 sausage (300g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Milk

1 3/4 cup(s) - 261 cal ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

- whole milk**
1 3/4 cup (420mL)

For all 2 meals:

- whole milk**
1/4 gallon (840mL)

1. This recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 3

Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Couscous

552 cal ● 19g protein ● 1g fat ● 109g carbs ● 7g fiber



instant couscous, flavored

1 box (5.8 oz) (151g)

1. Follow instructions on package.

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

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 3 [↗](#)

Eat on day 4

Crispy chik'n tenders

14 2/3 tender(s) - 838 cals ● 59g protein ● 33g fat ● 76g carbs ● 0g fiber



Makes 14 2/3 tender(s)

ketchup
1/4 cup (62g)
meatless chik'n tenders
14 2/3 pieces (374g)

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

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



fresh parsley, chopped
2 1/4 sprigs (2g)
apple cider vinegar
3/4 tbsp (1mL)
balsamic vinegar
3/4 tbsp (11mL)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
onion, thinly sliced
3/8 small (26g)
chickpeas, canned, drained and rinsed
3/4 can (336g)

1. Add all ingredients to a bowl and toss. Serve!
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Dinner 4 [↗](#)

Eat on day 5

Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



tomatoes, sliced

1 1/4 large whole (3" dia) (228g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

balsamic vinaigrette

5 tsp (25mL)

fresh basil

5 tsp, chopped (4g)

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

Chickpea & chickpea pasta

859 cal ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



nutritional yeast

1/2 tbsp (2g)

butter

3/4 tbsp (11g)

oil

3/4 tbsp (11mL)

garlic, minced

3 clove(s) (9g)

chickpeas, canned, drained & rinsed

3/4 can (336g)

chickpea pasta

3 oz (85g)

onion, thinly sliced

3/4 medium (2-1/2" dia) (83g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
 2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
 3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
 4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

long-grain white rice

4 tsp (15g)

water

1/6 cup(s) (39mL)

salt

2/3 dash (0g)

black pepper

1/2 dash, ground (0g)

For all 2 meals:

long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Milk

1 3/4 cup(s) - 261 cal ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 3/4 cup (420mL)

For all 2 meals:

whole milk

1/4 gallon (840mL)

1. This recipe has no instructions.

Peanut tempeh

8 oz tempeh - 868 cal ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



For single meal:

nutritional yeast

1 tbsp (4g)

soy sauce

2 tsp (10mL)

lemon juice

1 tbsp (15mL)

peanut butter

4 tbsp (65g)

tempeh

1/2 lbs (227g)

For all 2 meals:

nutritional yeast

2 tbsp (8g)

soy sauce

4 tsp (20mL)

lemon juice

2 tbsp (30mL)

peanut butter

1/2 cup (129g)

tempeh

1 lbs (454g)

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.

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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