

Meal Plan - 3500 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

3508 cals ● 250g protein (28%) ● 123g fat (32%) ● 296g carbs (34%) ● 55g fiber (6%)

Lunch

1415 cals, 53g protein, 128g net carbs, 59g fat



[Chickpea & chickpea pasta](#)
859 cals



[Tomato and avocado salad](#)
293 cals



[Naan bread](#)
1 piece(s)- 262 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Dinner

1710 cals, 113g protein, 165g net carbs, 62g fat



[Seitan Philly cheesesteak](#)
3 sub(s)- 1712 cals

Day 2

3292 cals ● 222g protein (27%) ● 90g fat (25%) ● 348g carbs (42%) ● 51g fiber (6%)

Lunch

1320 cals, 63g protein, 153g net carbs, 46g fat



[Brown rice](#)
1 3/4 cup brown rice, cooked- 401 cals



[Tomato and avocado salad](#)
176 cals



[Crispy chik'n tenders](#)
13 tender(s)- 743 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Dinner

1590 cals, 74g protein, 192g net carbs, 42g fat



[Curried chickpea salad](#)
805 cals



[Naan bread](#)
3 piece(s)- 786 cals

Day 3

3292 cals ● 222g protein (27%) ● 90g fat (25%) ● 348g carbs (42%) ● 51g fiber (6%)

Lunch

1320 cals, 63g protein, 153g net carbs, 46g fat



Brown rice

1 3/4 cup brown rice, cooked- 401 cals



Tomato and avocado salad

176 cals



Crispy chik'n tenders

13 tender(s)- 743 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Dinner

1590 cals, 74g protein, 192g net carbs, 42g fat



Curried chickpea salad

805 cals



Naan bread

3 piece(s)- 786 cals

Day 4

3522 cals ● 234g protein (27%) ● 146g fat (37%) ● 213g carbs (24%) ● 106g fiber (12%)

Lunch

1535 cals, 62g protein, 155g net carbs, 47g fat



Pistachios

375 cals



Easy chickpea salad

934 cals



Pear

2 pear(s)- 226 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Dinner

1605 cals, 87g protein, 55g net carbs, 97g fat



Avocado

527 cals



Seitan salad


1078 cals

Day 5

3506 calsgreen223g protein (25%)orange152g fat (39%)blue239g carbs (27%)grey73g fiber (8%)


Lunch

1540 calsgreen67g protein, 151g net carbs, 55g fat




Quinoa

2 cup quinoa, cooked- 417 calsgreen



Teriyaki chickpea stir fry

738 calsgreen




Roasted peanuts

3/8 cup(s)- 383 calsgreen


Dinner

1585 calsgreen71g protein, 85g net carbs, 96g fat



Milk

2 3/4 cup(s)- 410 calsgreen




Sesame peanut zoodles

1176 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake


3 1/2 scoop- 382 calsgreen

Day 6

3526 calsgreen221g protein (25%)orange132g fat (34%)blue278g carbs (32%)grey87g fiber (10%)


Lunch

1560 calsgreen65g protein, 190g net carbs, 34g fat




Simple mixed greens and tomato salad

76 calsgreen



Grapes

136 calsgreen




White bean cassoulet

1347 calsgreen


Dinner

1585 calsgreen71g protein, 85g net carbs, 96g fat



Milk

2 3/4 cup(s)- 410 calsgreen




Sesame peanut zoodles

1176 calsgreen

Protein Supplement(s)

380 calsgreen85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 calsgreen

Day 7

3506 cals ● 232g protein (26%) ● 69g fat (18%) ● 392g carbs (45%) ● 97g fiber (11%)

Lunch

1560 cals, 65g protein, 190g net carbs, 34g fat



Simple mixed greens and tomato salad
76 cals



Grapes
136 cals



White bean cassoulet
1347 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Dinner

1565 cals, 82g protein, 199g net carbs, 34g fat



Bbq cauliflower wings
1070 cals



Milk
3 1/3 cup(s)- 497 cals



Other

- ☐ nutritional yeast
2 1/3 oz (66g)
- ☐ chickpea pasta
3 oz (85g)
- ☐ sub roll(s)
3 roll(s) (255g)
- ☐ mixed greens
1 1/2 package (5.5 oz) (232g)
- ☐ meatless chik'n tenders
26 pieces (663g)
- ☐ coleslaw mix
4 cup (360g)
- ☐ teriyaki sauce
4 tbsp (60mL)

Dairy and Egg Products

- ☐ butter
3/4 tbsp (11g)
- ☐ cheese
3 slice (1 oz each) (84g)
- ☐ nonfat greek yogurt, plain
10 tbsp (175g)
- ☐ whole milk
1/2 gallon (2119mL)

Fats and Oils

- ☐ oil
1/4 lbs (108mL)
- ☐ olive oil
2 tsp (10mL)
- ☐ salad dressing
6 tbsp (90mL)

Vegetables and Vegetable Products

- ☐ garlic
10 clove(s) (30g)
- ☐ onion
6 medium (2-1/2" dia) (661g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (848g)
- ☐ bell pepper
1 1/2 small (111g)
- ☐ raw celery
1/2 bunch (225g)
- ☐ ketchup
6 1/2 tbsp (111g)

Fruits and Fruit Juices

- ☐ lime juice
6 3/4 tbsp (101mL)
- ☐ avocados
3 1/2 avocado(s) (729g)
- ☐ lemon juice
2 2/3 fl oz (82mL)
- ☐ pears
2 medium (356g)
- ☐ grapes
4 2/3 cup (429g)

Spices and Herbs

- ☐ garlic powder
1/4 tbsp (2g)
- ☐ salt
2 1/2 tsp (15g)
- ☐ black pepper
1/2 tbsp, ground (4g)
- ☐ curry powder
2 1/2 tsp (5g)
- ☐ balsamic vinegar
2 tbsp (30mL)

Baked Products

- ☐ naan bread
7 piece (630g)

Cereal Grains and Pasta

- ☐ seitan
18 oz (510g)
- ☐ brown rice
56 tsp (222g)
- ☐ quinoa, uncooked
2/3 cup (113g)

Beverages

- ☐ water
28 cup(s) (6676mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Nut and Seed Products

- ☐ sunflower kernels
5 tbsp (60g)

- ☐ fresh spinach
6 cup(s) (180g)
- ☐ fresh parsley
6 sprigs (6g)
- ☐ green onions
1/2 cup, sliced (64g)
- ☐ zucchini
8 medium (1568g)
- ☐ frozen mixed veggies
1 10oz package (284g)
- ☐ carrots
7 large (504g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)

Legumes and Legume Products

- ☐ chickpeas, canned
6 1/4 can (2800g)
- ☐ soy sauce
1/2 cup (120mL)
- ☐ peanut butter
1 cup (256g)
- ☐ roasted peanuts
6 3/4 tbsp (61g)
- ☐ white beans, canned
3 1/2 can(s) (1537g)

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ chia seeds
4 tsp (19g)
- ☐ sesame seeds
4 tsp (12g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tbsp (2mL)
- ☐ vegetable broth
1 3/4 cup(s) (mL)
- ☐ barbecue sauce
1 cup (286g)



Lunch 1 [↗](#)

Eat on day 1

Chickpea & chickpea pasta

859 cals ● 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.

Tomato and avocado salad

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



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)

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.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



Makes 1 piece(s)

naan bread

1 piece (90g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Brown rice

1 3/4 cup brown rice, cooked - 401 cals ● 8g protein ● 3g fat ● 81g carbs ● 4g fiber



For single meal:

brown rice

9 1/3 tbsp (111g)

salt

1/2 tsp (3g)

water

1 1/6 cup(s) (276mL)

black pepper

1/2 tsp, ground (1g)

For all 2 meals:

brown rice

56 tsp (222g)

salt

1 tsp (5g)

water

2 1/3 cup(s) (553mL)

black pepper

1 tsp, ground (2g)

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.

Tomato and avocado salad

176 cals ● 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.

Crispy chik'n tenders

13 tender(s) - 743 cal ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

ketchup
3 1/4 tbsp (55g)
meatless chik'n tenders
13 pieces (332g)

For all 2 meals:

ketchup
6 1/2 tbsp (111g)
meatless chik'n tenders
26 pieces (663g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [↗](#)

Eat on day 4

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Easy chickpea salad

934 cals ● 48g protein ● 18g fat ● 100g carbs ● 44g fiber



fresh parsley, chopped

6 sprigs (6g)

apple cider vinegar

2 tbsp (2mL)

balsamic vinegar

2 tbsp (30mL)

tomatoes, halved

2 cup cherry tomatoes (298g)

onion, thinly sliced

1 small (70g)

chickpeas, canned, drained and rinsed

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

pears

2 medium (356g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Quinoa

2 cup quinoa, cooked - 417 cals ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

quinoa, uncooked

2/3 cup (113g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Teriyaki chickpea stir fry

738 cals ● 36g protein ● 17g fat ● 79g carbs ● 31g fiber



chickpeas, canned, drained and rinsed

1 can (448g)

teriyaki sauce

4 tbsp (60mL)

oil

1/2 tbsp (8mL)

frozen mixed veggies

1 10oz package (284g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

roasted peanuts

6 2/3 tbsp (61g)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Grapes

136 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



For single meal:

grapes

2 1/3 cup (215g)

For all 2 meals:

grapes

4 2/3 cup (429g)

1. This recipe has no instructions.

White bean cassoulet

1347 cals ● 62g protein ● 28g fat ● 164g carbs ● 49g fiber



For single meal:

garlic, minced

3 1/2 clove(s) (11g)

oil

1 3/4 tbsp (26mL)

vegetable broth

7/8 cup(s) (mL)

white beans, canned, drained & rinsed

1 3/4 can(s) (768g)

onion, diced

1 3/4 medium (2-1/2" dia) (193g)

raw celery, thinly sliced

1 3/4 stalk, medium (7-1/2" - 8" long) (70g)

carrots, peeled & slices

3 1/2 large (252g)

For all 2 meals:

garlic, minced

7 clove(s) (21g)

oil

1/4 cup (53mL)

vegetable broth

1 3/4 cup(s) (mL)

white beans, canned, drained & rinsed

3 1/2 can(s) (1537g)

onion, diced

3 1/2 medium (2-1/2" dia) (385g)

raw celery, thinly sliced

3 1/2 stalk, medium (7-1/2" - 8" long) (140g)

carrots, peeled & slices

7 large (504g)

1. Preheat oven to 400°F (200°C).
 2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
 3. Stir in beans and broth. Bring to a simmer then turn off the heat.
 4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
 5. Serve.
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Dinner 1 [🔗](#)

Eat on day 1

Seitan Philly cheesesteak

3 sub(s) - 1712 cals ● 113g protein ● 62g fat ● 165g carbs ● 11g fiber



Makes 3 sub(s)

cheese

3 slice (1 oz each) (84g)

seitan, cut into strips

1/2 lbs (255g)

bell pepper, sliced

1 1/2 small (111g)

onion, chopped

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

oil

1 1/2 tbsp (23mL)

sub roll(s)

3 roll(s) (255g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Dinner 2 [↗](#)

Eat on day 2, day 3

Curried chickpea salad

805 cals ● 48g protein ● 27g fat ● 62g carbs ● 31g fiber



For single meal:

mixed greens

2 1/2 oz (71g)

sunflower kernels

2 1/2 tbsp (30g)

raw celery, sliced

2 1/2 stalk, small (5" long) (43g)

curry powder

1 1/4 tsp (3g)

nonfat greek yogurt, plain

5 tbsp (88g)

lemon juice, divided

2 1/2 tbsp (38mL)

chickpeas, canned, drained & rinsed

1 1/4 can (560g)

For all 2 meals:

mixed greens

5 oz (142g)

sunflower kernels

5 tbsp (60g)

raw celery, sliced

5 stalk, small (5" long) (85g)

curry powder

2 1/2 tsp (5g)

nonfat greek yogurt, plain

10 tbsp (175g)

lemon juice, divided

5 tbsp (75mL)

chickpeas, canned, drained & rinsed

2 1/2 can (1120g)

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.

Naan bread

3 piece(s) - 786 cals ● 26g protein ● 15g fat ● 130g carbs ● 6g fiber



For single meal:

naan bread

3 piece (270g)

For all 2 meals:

naan bread

6 piece (540g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Avocado

527 cals ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

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

Seitan salad

1078 cals ● 81g protein ● 53g fat ● 49g carbs ● 20g fiber



oil

1 tbsp (15mL)

nutritional yeast

1 tbsp (4g)

salad dressing

3 tbsp (45mL)

avocados, sliced

3/4 avocado(s) (151g)

tomatoes, halved

18 cherry tomatoes (306g)

fresh spinach

6 cup(s) (180g)

seitan, sliced

1/2 lbs (255g)

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Milk

2 3/4 cup(s) - 410 cals ● 21g protein ● 22g fat ● 32g carbs ● 0g fiber



For single meal:

whole milk

2 3/4 cup (660mL)

For all 2 meals:

whole milk

1/3 gallon (1320mL)

1. This recipe has no instructions.

Sesame peanut zoodles

1176 cals ● 50g protein ● 74g fat ● 52g carbs ● 25g fiber



For single meal:

chia seeds
2 tsp (9g)
lime juice
2 tbsp (30mL)
green onions
4 tbsp, sliced (32g)
sesame seeds
2 tsp (6g)
soy sauce
4 tbsp (60mL)
peanut butter
1/2 cup (128g)
coleslaw mix
2 cup (180g)
zucchini, spiralized
4 medium (784g)

For all 2 meals:

chia seeds
4 tsp (19g)
lime juice
4 tbsp (60mL)
green onions
1/2 cup, sliced (64g)
sesame seeds
4 tsp (12g)
soy sauce
1/2 cup (120mL)
peanut butter
1 cup (256g)
coleslaw mix
4 cup (360g)
zucchini, spiralized
8 medium (1568g)

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.

Dinner 5 [↗](#)

Eat on day 7

Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
 2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
 3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
 4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
 5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
 6. Toss florets with the barbeque sauce. Serve.
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Milk

3 1/3 cup(s) - 497 cals ● 26g protein ● 26g fat ● 39g carbs ● 0g fiber

Makes 3 1/3 cup(s)

whole milk
3 1/3 cup (800mL)



- 1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water
3 1/2 cup(s) (830mL)
protein powder
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water
24 1/2 cup(s) (5807mL)
protein powder
24 1/2 scoop (1/3 cup ea) (760g)

- 1. This recipe has no instructions.