

# Meal Plan - 3500 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

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

### Lunch

1415 cals, 52g 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

3492 cals ● 226g protein (26%) ● 91g fat (24%) ● 389g carbs (45%) ● 53g fiber (6%)

### Lunch

1520 cals, 68g protein, 194g net carbs, 48g fat



[Brown rice](#)  
601 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

3492 cals ● 226g protein (26%) ● 91g fat (24%) ● 389g carbs (45%) ● 53g fiber (6%)

### Lunch

1520 cals, 68g protein, 194g net carbs, 48g fat



**Brown rice**  
601 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 cals ● 223g protein (25%) ● 152g fat (39%) ● 239g carbs (27%) ● 73g fiber (8%)

### Lunch

1540 cals, 67g protein, 151g net carbs, 55g fat



#### Quinoa

2 cup quinoa, cooked- 417 cals



#### Teriyaki chickpea stir fry

738 cals



#### Roasted peanuts

3/8 cup(s)- 383 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

### Dinner

1585 cals, 71g protein, 85g net carbs, 96g fat



#### Milk

2 3/4 cup(s)- 410 cals



#### Sesame peanut zoodles

1176 cals

## Day 6

3526 cals ● 221g protein (25%) ● 132g fat (34%) ● 278g carbs (32%) ● 87g fiber (10%)

### 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

1585 cals, 71g protein, 85g net carbs, 96g fat



#### Milk

2 3/4 cup(s)- 410 cals



#### Sesame peanut zoodles

1176 cals

# 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  
1 tbsp (18g)
- black pepper  
2 tsp, ground (5g)
- curry powder  
2 1/2 tsp (5g)
- balsamic vinegar  
2 tbsp (30mL)

## Baked Products

- naan bread  
7 piece (630g)

## Cereal Grains and Pasta

- seitan  
1 lbs (510g)
- brown rice  
1 3/4 cup (333g)
- quinoa, uncooked  
2/3 cup (113g)

## Beverages

- water  
29 1/3 cup(s) (6951mL)
- 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)
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- 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 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.

### Tomato and avocado salad

293 cal ● 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 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)



**naan bread**  
1 piece (90g)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Brown rice

601 cal ● 13g protein ● 5g fat ● 122g carbs ● 6g fiber



For single meal:

**brown rice**  
14 tbsp (166g)  
**salt**  
1/4 tbsp (4g)  
**water**  
1 3/4 cup(s) (415mL)  
**black pepper**  
1/4 tbsp, ground (2g)

For all 2 meals:

**brown rice**  
1 3/4 cup (333g)  
**salt**  
1/2 tbsp (8g)  
**water**  
3 1/2 cup(s) (830mL)  
**black pepper**  
1/2 tbsp, ground (3g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

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### 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.

## 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

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### Pistachios

375 cal ● 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.

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### Easy chickpea salad

934 cal ● 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 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

**pears**

2 medium (356g)

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

Eat on day 5

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### Quinoa

2 cup quinoa, cooked - 417 cal ● 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's 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.

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### Teriyaki chickpea stir fry

738 cal ● 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 cal ● 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.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Simple mixed greens and tomato salad

76 cal ● 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.

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### Grapes

136 cal ● 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 cal ● 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

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### Seitan Philly cheesesteak

3 sub(s) - 1712 cal ● 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!
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### 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.

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### 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.
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## Dinner 3 [↗](#)

Eat on day 4

### Avocado

527 cal ● 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 cal ● 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 cal ● 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 cal ● 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.

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## Dinner 5 [↗](#)

Eat on day 7

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### Bbq cauliflower wings

1070 cal ● 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 cal ● 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 1/2 scoop - 382 cal ● 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.
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