

Meal Plan - 1000 calorie high protein vegetarian meal plan



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

Day 1

967 cal ● 94g protein (39%) ● 37g fat (34%) ● 46g carbs (19%) ● 20g fiber (8%)

Breakfast

205 cal, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)
1 bar(s)- 204 cal

Lunch

145 cal, 10g protein, 14g net carbs, 4g fat



[Chunky canned soup \(non-creamy\)](#)
1/2 can(s)- 124 cal



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cal

Dinner

400 cal, 25g protein, 18g net carbs, 20g fat



[Roasted carrots](#)
2 carrots(s)- 106 cal

Protein Supplement(s)

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



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



[Basic tempeh](#)
4 oz- 295 cal

Day 2

1116 cal ● 97g protein (35%) ● 33g fat (27%) ● 92g carbs (33%) ● 15g fiber (5%)

Breakfast

205 cal, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)
1 bar(s)- 204 cal

Lunch

350 cal, 16g protein, 44g net carbs, 9g fat



[Dinner roll](#)
1 roll- 77 cal



[Lentil Soup](#)
271 cal

Dinner

345 cal, 23g protein, 34g net carbs, 12g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cal



[Sweet potato medallions](#)
1/2 sweet potato- 155 cal



[Simple seitan](#)
1 oz- 61 cal

Protein Supplement(s)

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



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

Day 3

1054 cals ● 101g protein (38%) ● 31g fat (27%) ● 77g carbs (29%) ● 15g fiber (6%)

Breakfast

145 cals, 14g protein, 3g net carbs, 8g fat



[Vegan breakfast sausage patties](#)
1 patties- 83 cals



[Goat cheese & tomato mini egg muffin](#)
1 mini muffin(s)- 61 cals

Dinner

345 cals, 23g protein, 34g net carbs, 12g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Sweet potato medallions](#)
1/2 sweet potato- 155 cals



[Simple seitan](#)
1 oz- 61 cals

Lunch

345 cals, 16g protein, 38g net carbs, 11g fat



[Kefir](#)
150 cals



[Edamame slaw salad bowl](#)
196 cals

Protein Supplement(s)

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



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

Day 4

964 cals ● 99g protein (41%) ● 34g fat (32%) ● 40g carbs (17%) ● 25g fiber (11%)

Breakfast

145 cals, 14g protein, 3g net carbs, 8g fat



[Vegan breakfast sausage patties](#)
1 patties- 83 cals



[Goat cheese & tomato mini egg muffin](#)
1 mini muffin(s)- 61 cals

Dinner

380 cals, 17g protein, 27g net carbs, 17g fat



[Black bean & sweet potato stew](#)
207 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Lunch

220 cals, 20g protein, 8g net carbs, 9g fat



[Vegan crumbles](#)
1 cup(s)- 146 cals



[Simple mixed greens and tomato salad](#)
76 cals

Protein Supplement(s)

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



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

Day 5

974 cals ● 91g protein (38%) ● 40g fat (37%) ● 41g carbs (17%) ● 21g fiber (9%)

Breakfast

145 cals, 14g protein, 3g net carbs, 8g fat



[Vegan breakfast sausage patties](#)

1 patties- 83 cals



[Goat cheese & tomato mini egg muffin](#)

1 mini muffin(s)- 61 cals

Dinner

380 cals, 17g protein, 27g net carbs, 17g fat



[Black bean & sweet potato stew](#)

207 cals



[Roasted peanuts](#)

1/6 cup(s)- 173 cals

Lunch

230 cals, 12g protein, 9g net carbs, 15g fat



[Egg & avocado salad](#)

133 cals



[Milk](#)

2/3 cup(s)- 99 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 6

1019 cals ● 111g protein (44%) ● 26g fat (23%) ● 70g carbs (27%) ● 15g fiber (6%)

Breakfast

140 cals, 17g protein, 8g net carbs, 4g fat



[Protein shake \(milk\)](#)

129 cals



[Celery sticks](#)

2 celery stalk- 13 cals

Dinner

345 cals, 21g protein, 30g net carbs, 13g fat



[String cheese](#)

1 stick(s)- 83 cals



[Mediterranean lentil power salad](#)

263 cals

Lunch

315 cals, 25g protein, 31g net carbs, 8g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Lentils](#)

87 cals



[Goat cheese and marinara stuffed zucchini](#)

1 zucchini halve(s)- 96 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Day 7

1019 cal ● 111g protein (44%) ● 26g fat (23%) ● 70g carbs (27%) ● 15g fiber (6%)

Breakfast

140 cal, 17g protein, 8g net carbs, 4g fat



Protein shake (milk)
129 cal



Celery sticks
2 celery stalk- 13 cal

Dinner

345 cal, 21g protein, 30g net carbs, 13g fat



String cheese
1 stick(s)- 83 cal



Mediterranean lentil power salad
263 cal

Lunch

315 cal, 25g protein, 31g net carbs, 8g fat



Cottage cheese & fruit cup
1 container- 131 cal



Lentils
87 cal



Goat cheese and marinara stuffed zucchini
1 zucchini halve(s)- 96 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Snacks

- high-protein granola bar
2 bar (80g)

Beverages

- water
18 1/2 cup (4454mL)
- protein powder
15 scoop (1/3 cup ea) (465g)

Fats and Oils

- oil
1 1/2 oz (45mL)
- olive oil
1/2 tbsp (7mL)
- salad dressing
1/4 cup (53mL)

Vegetables and Vegetable Products

- carrots
3 1/2 medium (209g)
- tomatoes
2 medium whole (2-3/5" dia) (230g)
- onion
1/3 medium (2-1/2" dia) (37g)
- raw celery
4 1/4 stalk, medium (7-1/2" - 8" long) (170g)
- garlic
1 clove(s) (3g)
- canned crushed tomatoes
1/8 can (51g)
- fresh spinach
1/8 cup(s) (2g)
- sweet potatoes
1 1/3 sweetpotato, 5" long (280g)
- edamame, frozen, shelled
1/2 cup (59g)
- tomato paste
2 tsp (11g)
- kale leaves
1/2 cup, chopped (20g)
- cucumber
1/2 cup slices (52g)
- zucchini
1 large (323g)

Legumes and Legume Products

Baked Products

- Roll
1 pan, dinner, or small roll (2" square, 2" high) (28g)

Spices and Herbs

- oregano, dried
1 dash, leaves (0g)
- salt
1 1/2 dash (1g)
- black pepper
1/2 dash, ground (0g)
- basil, dried
1 dash, leaves (0g)
- ground cumin
4 dash (1g)
- garlic powder
1 1/2 dash (1g)
- red wine vinegar
1/2 tbsp (8mL)
- dijon mustard
4 dash (3g)

Other

- cottage cheese & fruit cup
4 container (680g)
- vegan breakfast sausage patties
3 patties (114g)
- coleslaw mix
1 1/2 cup (135g)
- mixed greens
2 cup (55g)

Cereal Grains and Pasta

- seitan
2 oz (57g)

Dairy and Egg Products

- goat cheese
1 3/4 oz (49g)
- eggs
2 1/2 large (125g)
- kefir, flavored
1 cup (240mL)
- whole milk
1 2/3 cup (401mL)
- string cheese
2 stick (56g)

- tempeh
4 oz (113g)
- lentils, raw
1 cup (192g)
- black beans
2/3 can(s) (293g)
- roasted peanuts
6 tbsp (55g)
- vegetarian burger crumbles
1 cup (100g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)
 - pasta sauce
4 tbsp (65g)
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- feta cheese
2 3/4 tbsp, crumbled (25g)

Fruits and Fruit Juices

- lemon juice
2 1/2 tsp (12mL)
- avocados
1/6 avocado(s) (34g)
- canned black olives
2 tbsp (17g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Vegan breakfast sausage patties

1 patties - 83 cal ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

vegan breakfast sausage patties
1 patties (38g)

For all 3 meals:

vegan breakfast sausage patties
3 patties (114g)

1. Cook patties according to package instructions. Serve.

Goat cheese & tomato mini egg muffin

1 mini muffin(s) - 61 cal ● 5g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

tomatoes, chopped
1/2 slice(s), thin/small (8g)
goat cheese
1/2 tbsp (7g)
eggs
1/2 large (25g)
water
1/2 tsp (3mL)

For all 3 meals:

tomatoes, chopped
1 1/2 slice(s), thin/small (23g)
goat cheese
1 1/2 tbsp (21g)
eggs
1 1/2 large (75g)
water
1/2 tbsp (8mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Celery sticks

2 celery stalk - 13 cal ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

Lunch 1 [↗](#)

Eat on day 1

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

Lunch 2 [↗](#)

Eat on day 2

Dinner roll

1 roll - 77 cal ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



Makes 1 roll

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

1. Enjoy.

Lentil Soup

271 cal ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



onion, chopped
1/8 medium (2-1/2" dia) (14g)
carrots, diced
1/4 medium (15g)
raw celery, chopped
1/4 stalk, medium (7-1/2" - 8" long) (10g)
garlic, minced
1/4 clove(s) (1g)
oregano, dried
1 dash, leaves (0g)
canned crushed tomatoes
1/8 can (51g)
lentils, raw
4 tbsp (48g)
water
1 cup(s) (237mL)
fresh spinach, thinly sliced
1/8 cup(s) (2g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
olive oil
1/2 tbsp (8mL)
basil, dried
1 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Lunch 3 [↗](#)

Eat on day 3

Kefir

150 cal ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Edamame slaw salad bowl

196 cal ● 8g protein ● 9g fat ● 13g carbs ● 7g fiber



salad dressing
2 tbsp (30mL)
coleslaw mix
1 1/2 cup (135g)
carrots, sliced into matchsticks
1 small (5-1/2" long) (50g)
edamame, frozen, shelled
1/2 cup (59g)

1. Prepare edamame according to the package instructions.
 2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.
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Lunch 4 [↗](#)

Eat on day 4

Vegan crumbles

1 cup(s) - 146 cal ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



Makes 1 cup(s)

vegetarian burger crumbles

1 cup (100g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Simple mixed greens and tomato salad

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



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

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

Lunch 5 [↗](#)

Eat on day 5

Egg & avocado salad

133 cal ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



mixed greens

1/3 cup (10g)

avocados

1/6 avocado(s) (34g)

eggs, hard-boiled and chilled

1 large (50g)

garlic powder

1 1/3 dash (1g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

whole milk
2/3 cup (160mL)

1. This recipe has no instructions.

Lunch 6 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Goat cheese and marinara stuffed zucchini

1 zucchini halve(s) - 96 cal ● 5g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1/2 large (162g)
pasta sauce
2 tbsp (33g)
goat cheese
1/2 oz (14g)

For all 2 meals:

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

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.

Dinner 1 [↗](#)

Eat on day 1

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



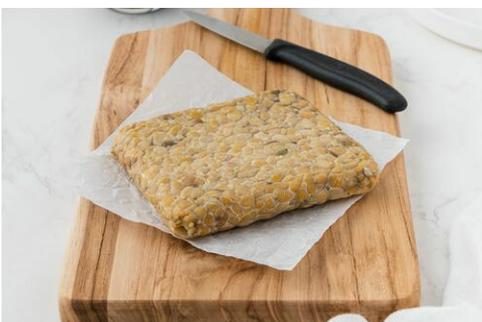
Makes 2 carrots(s)

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

oil
2 tsp (10mL)
tempeh
4 oz (113g)

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, day 3

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes, sliced
1/2 sweetpotato, 5" long (105g)
oil
1/2 tbsp (8mL)

For all 2 meals:

sweet potatoes, sliced
1 sweetpotato, 5" long (210g)
oil
1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Simple seitan

1 oz - 61 cal ● 8g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
seitan
1 oz (28g)

For all 2 meals:

oil
1/2 tsp (3mL)
seitan
2 oz (57g)

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 4, day 5

Black bean & sweet potato stew

207 cal ● 10g protein ● 3g fat ● 23g carbs ● 12g fiber



For single meal:

tomato paste

1 tsp (5g)

oil

1/2 tsp (3mL)

kale leaves

4 tbsp, chopped (10g)

lemon juice

1/2 tsp (3mL)

ground cumin

2 dash (1g)

garlic, diced

1/3 clove(s) (1g)

onion, chopped

1/6 small (12g)

sweet potatoes, cubed

1/6 sweetpotato, 5" long (35g)

water

1/2 cup(s) (119mL)

black beans, drained

1/3 can(s) (146g)

For all 2 meals:

tomato paste

2 tsp (11g)

oil

1 tsp (5mL)

kale leaves

1/2 cup, chopped (20g)

lemon juice

1 tsp (5mL)

ground cumin

4 dash (1g)

garlic, diced

2/3 clove(s) (2g)

onion, chopped

1/3 small (23g)

sweet potatoes, cubed

1/3 sweetpotato, 5" long (70g)

water

1 cup(s) (237mL)

black beans, drained

2/3 can(s) (293g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

3 tbsp (27g)

For all 2 meals:

roasted peanuts

6 tbsp (55g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

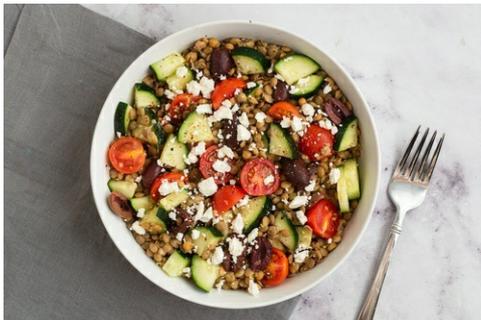
For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Mediterranean lentil power salad

263 cal ● 14g protein ● 8g fat ● 28g carbs ● 6g fiber



For single meal:

cucumber, chopped
4 tbsp slices (26g)
water
3/4 cup(s) (178mL)
lentils, raw
4 tbsp (48g)
canned black olives, chopped
1 tbsp (8g)
feta cheese
4 tsp, crumbled (12g)
tomatoes, chopped
2 cherry tomatoes (34g)
oil
1/4 tbsp (4mL)
red wine vinegar
1/4 tbsp (4mL)
lemon juice
1/4 tbsp (4mL)
dijon mustard
2 dash (1g)

For all 2 meals:

cucumber, chopped
1/2 cup slices (52g)
water
1 1/2 cup(s) (356mL)
lentils, raw
1/2 cup (96g)
canned black olives, chopped
2 tbsp (17g)
feta cheese
2 1/2 tbsp, crumbled (25g)
tomatoes, chopped
4 cherry tomatoes (68g)
oil
1/2 tbsp (8mL)
red wine vinegar
1/2 tbsp (8mL)
lemon juice
1/2 tbsp (8mL)
dijon mustard
4 dash (3g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
 2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
 3. Serve.
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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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