

# Meal Plan - 1200 calorie 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

1079 cals ● 121g protein (45%) ● 33g fat (27%) ● 56g carbs (21%) ● 21g fiber (8%)

### Breakfast

215 cals, 14g protein, 18g net carbs, 10g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



[Fruit juice](#)  
2/3 cup(s)- 76 cals

### Dinner

410 cals, 45g protein, 22g net carbs, 9g fat



[Vegan crumbles](#)  
2 cup(s)- 292 cals



[Lentils](#)  
116 cals

### Lunch

240 cals, 13g protein, 14g net carbs, 13g fat



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



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals

### Protein Supplement(s)

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



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

## Day 2

1188 cals ● 124g protein (42%) ● 33g fat (25%) ● 77g carbs (26%) ● 23g fiber (8%)

### Breakfast

215 cals, 14g protein, 18g net carbs, 10g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



[Fruit juice](#)  
2/3 cup(s)- 76 cals

### Dinner

410 cals, 45g protein, 22g net carbs, 9g fat



[Vegan crumbles](#)  
2 cup(s)- 292 cals



[Lentils](#)  
116 cals

### Lunch

345 cals, 16g protein, 35g net carbs, 13g fat



[Vegan meatball sub](#)  
1/2 sub(s)- 234 cals



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

### Protein Supplement(s)

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



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

## Day 3

1170 cals ● 94g protein (32%) ● 43g fat (33%) ● 87g carbs (30%) ● 16g fiber (5%)

### Breakfast

215 cals, 14g protein, 18g net carbs, 10g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Fruit juice**

2/3 cup(s)- 76 cals

### Dinner

390 cals, 16g protein, 32g net carbs, 19g fat



**Lentil kale salad**

389 cals

### Lunch

345 cals, 16g protein, 35g net carbs, 13g fat



**Vegan meatball sub**

1/2 sub(s)- 234 cals



**Simple mixed greens and tomato salad**

113 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 4

1183 cals ● 92g protein (31%) ● 42g fat (32%) ● 92g carbs (31%) ● 17g fiber (6%)

### Breakfast

260 cals, 21g protein, 11g net carbs, 13g fat



**Protein shake (milk)**

129 cals



**Roasted almonds**

1/8 cup(s)- 111 cals



**Cherry tomatoes**

6 cherry tomatoes- 21 cals

### Dinner

390 cals, 16g protein, 32g net carbs, 19g fat



**Lentil kale salad**

389 cals

### Lunch

315 cals, 7g protein, 47g net carbs, 9g fat



**Tomato soup**

1 can(s)- 211 cals



**Roasted cashews**

1/8 cup(s)- 104 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 5

1195 cals ● 103g protein (34%) ● 63g fat (48%) ● 40g carbs (13%) ● 14g fiber (5%)

### Breakfast

260 cals, 21g protein, 11g net carbs, 13g fat



Protein shake (milk)  
129 cals



Roasted almonds  
1/8 cup(s)- 111 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Dinner

380 cals, 20g protein, 11g net carbs, 27g fat



Balsamic feta roasted mushrooms  
2 mushroom cup(s)- 199 cals



Pumpkin seeds  
183 cals

### Lunch

335 cals, 14g protein, 16g net carbs, 22g fat



Grilled cheese with mushrooms  
162 cals



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

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Day 6

1201 cals ● 100g protein (33%) ● 34g fat (26%) ● 107g carbs (36%) ● 16g fiber (5%)

### Breakfast

245 cals, 12g protein, 35g net carbs, 6g fat



Banana protein pancakes  
4 pancake(s)- 246 cals

### Dinner

405 cals, 25g protein, 55g net carbs, 6g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Spiced chickpea tabbouleh bowl  
273 cals

### Lunch

335 cals, 14g protein, 16g net carbs, 22g fat



Grilled cheese with mushrooms  
162 cals



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

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

Day 7

1194 calsgreen98g protein (33%)orange29g fat (22%)blue116g carbs (39%)grey20g fiber (7%)

Breakfast

245 calsgreen12g protein, 35g net carbs, 6g fat



Banana protein pancakes  
4 pancake(s)- 246 calsgreen

Lunch

325 calsgreen12g protein, 25g net carbs, 17g fat



Mixed bean salad  
222 calsgreen



Roasted cashews  
1/8 cup(s)- 104 calsgreen

Dinner

405 calsgreen25g protein, 55g net carbs, 6g fat



Cottage cheese & fruit cup  
1 container- 131 calsgreen



Spiced chickpea tabbouleh bowl  
273 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 calsgreen



## Beverages

- ☐ water  
17 1/3 cup(s) (4107mL)
- ☐ protein powder  
17 oz (477g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
4 cup (400g)
- ☐ lentils, raw  
13 1/4 tbsp (160g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ chickpeas, canned  
5/8 can (280g)
- ☐ kidney beans  
1/4 can (112g)

## Spices and Herbs

- ☐ salt  
3/4 dash (1g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ crushed red pepper  
1 tsp (2g)
- ☐ thyme, dried  
1/8 oz (2g)
- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ dried dill weed  
1 dash (0g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1/2 can (~19 oz) (263g)
- ☐ pasta sauce  
4 tbsp (65g)
- ☐ condensed canned tomato soup  
1 can (10.5 oz) (298g)

## Dairy and Egg Products

- ☐ eggs  
9 1/2 medium (412g)
- ☐ whole milk  
1 cup (240mL)
- ☐ feta cheese  
2 oz (57g)

## Fats and Oils

- ☐ salad dressing  
1/4 cup (68mL)
- ☐ oil  
1 oz (31mL)
- ☐ olive oil  
1 tbsp (15mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 medium whole (2-3/5" dia) (356g)
- ☐ garlic  
2 1/2 clove(s) (7g)
- ☐ kale leaves  
3 cup, chopped (120g)
- ☐ portobella  
2 mushroom cap(s) (168g)
- ☐ mushrooms  
1/2 cup, chopped (35g)
- ☐ fresh parsley  
2 sprigs (2g)
- ☐ cucumber  
3/8 cucumber (8-1/4") (113g)
- ☐ onion  
1/8 small (9g)

## Nut and Seed Products

- ☐ almonds  
1 3/4 oz (49g)
- ☐ roasted cashews  
4 tbsp, halves and whole (34g)
- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)

## Baked Products

- ☐ bread  
2 slice(s) (64g)
- ☐ baking powder  
1 dash (1g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
1/2 box (5.8 oz) (82g)

## Sweets

☐ sliced cheese  
1 slice (3/4 oz ea) (21g)

☐ maple syrup  
3 tbsp (45mL)

## Fruits and Fruit Juices

☐ fruit juice  
16 fl oz (480mL)

☐ lemon juice  
2 3/4 tbsp (41mL)

☐ banana  
1 large (8" to 8-7/8" long) (136g)

## Other

☐ vegan meatballs, frozen  
4 meatball(s) (120g)

☐ nutritional yeast  
1 tsp (1g)

☐ sub roll(s)  
1 roll(s) (85g)

☐ mixed greens  
4 1/2 cup (135g)

☐ cottage cheese & fruit cup  
2 container (340g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

**fruit juice**  
5 1/3 fl oz (160mL)

For all 3 meals:

**fruit juice**  
16 fl oz (480mL)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### 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.

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

### Cherry tomatoes

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



For single meal:

#### **tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

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



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Banana protein pancakes

4 pancake(s) - 246 cals ● 12g protein ● 6g fat ● 35g carbs ● 2g fiber



For single meal:

**banana**

1/2 large (8" to 8-7/8" long) (68g)

**eggs**

1 extra large (56g)

**protein powder**

1 tbsp (6g)

**baking powder**

1/2 dash (0g)

**maple syrup**

1 1/2 tbsp (23mL)

For all 2 meals:

**banana**

1 large (8" to 8-7/8" long) (136g)

**eggs**

2 extra large (112g)

**protein powder**

2 tbsp (12g)

**baking powder**

1 dash (1g)

**maple syrup**

3 tbsp (45mL)

1. Mash the banana with a back of a fork.
2. Add the eggs, baking powder (optional), and protein powder. Mix until well-combined.
3. Spray the skillet with non-stick cooking spray and put over medium heat.
4. Once hot, add 3 tbsp of the mixture to the skillet. Cook for about 30 seconds, flip and cook the other side for another 30 seconds.
5. Remove from skillet and continue cooking pancakes until batter is gone.
6. Serve with some syrup.
7. Storing: You can store any leftover pancakes, wrapped in plastic, in the fridge for 2-3 days. Reheat by stove or microwave.

## Lunch 1 [↗](#)

Eat on day 1

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 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.

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)

1. This recipe has no instructions.

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## Lunch 2 [🔗](#)

Eat on day 2, day 3

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### Vegan meatball sub

1/2 sub(s) - 234 cal ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



For single meal:

**vegan meatballs, frozen**  
2 meatball(s) (60g)  
**pasta sauce**  
2 tbsp (33g)  
**nutritional yeast**  
4 dash (1g)  
**sub roll(s)**  
1/2 roll(s) (43g)

For all 2 meals:

**vegan meatballs, frozen**  
4 meatball(s) (120g)  
**pasta sauce**  
4 tbsp (65g)  
**nutritional yeast**  
1 tsp (1g)  
**sub roll(s)**  
1 roll(s) (85g)

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.

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### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**salad dressing**  
2 1/4 tbsp (34mL)  
**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)

For all 2 meals:

**salad dressing**  
1/4 cup (68mL)  
**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Tomato soup

1 can(s) - 211 cal ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

#### **condensed canned tomato soup**

1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

### Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

#### **roasted cashews**

2 tbsp, halves and whole (17g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Grilled cheese with mushrooms

162 cal ● 7g protein ● 8g fat ● 13g carbs ● 2g fiber



For single meal:

#### **mushrooms**

4 tbsp, chopped (18g)

#### **olive oil**

1/4 tbsp (4mL)

#### **thyme, dried**

4 dash, ground (1g)

#### **bread**

1 slice(s) (32g)

#### **sliced cheese**

1/2 slice (3/4 oz ea) (11g)

For all 2 meals:

#### **mushrooms**

1/2 cup, chopped (35g)

#### **olive oil**

1/2 tbsp (8mL)

#### **thyme, dried**

1 tsp, ground (1g)

#### **bread**

2 slice(s) (64g)

#### **sliced cheese**

1 slice (3/4 oz ea) (21g)

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.

## Roasted peanuts

1/6 cup(s) - 173 cals ● 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.

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## Lunch 5 [🔗](#)

Eat on day 7

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### Mixed bean salad

222 cals ● 9g protein ● 9g fat ● 19g carbs ● 8g fiber



**garlic, minced**

3/8 clove(s) (1g)

**dried dill weed**

1 dash (0g)

**lemon juice**

1/2 tbsp (8mL)

**olive oil**

1/2 tbsp (8mL)

**cucumber, chopped**

1/8 cucumber (8-1 1/4") (38g)

**onion, diced**

1/8 small (9g)

**chickpeas, canned, rinsed & drained**

1/8 can (56g)

**kidney beans, rinsed & drained**

1/4 can (112g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

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### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

**roasted cashews**

2 tbsp, halves and whole (17g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

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

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### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Lentil kale salad

389 cals ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



For single meal:

**ground cumin**  
4 dash (1g)  
**water**  
1 cup(s) (237mL)  
**crushed red pepper**  
4 dash (1g)  
**garlic, diced**  
1 clove(s) (3g)  
**lemon juice**  
1 tbsp (15mL)  
**almonds**  
1 tbsp, slivered (7g)  
**oil**  
1 tbsp (15mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**lentils, raw**  
4 tbsp (48g)

For all 2 meals:

**ground cumin**  
1 tsp (2g)  
**water**  
2 cup(s) (474mL)  
**crushed red pepper**  
1 tsp (2g)  
**garlic, diced**  
2 clove(s) (6g)  
**lemon juice**  
2 tbsp (30mL)  
**almonds**  
2 tbsp, slivered (14g)  
**oil**  
2 tbsp (30mL)  
**kale leaves**  
3 cup, chopped (120g)  
**lentils, raw**  
1/2 cup (96g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Dinner 3 [↗](#)

Eat on day 5

### Balsamic feta roasted mushrooms

2 mushroom cup(s) - 199 cals ● 11g protein ● 13g fat ● 9g carbs ● 2g fiber



Makes 2 mushroom cup(s)

**portobella, stems discarded**  
2 mushroom cap(s) (168g)  
**thyme, dried**  
2 dash, leaves (0g)  
**feta cheese**  
2 oz (57g)  
**balsamic vinegar**  
1 tbsp (15mL)

1. Preheat oven to 400F (200C).
2. In a lightly greased baking pan, place mushrooms gill-side up. Sprinkle the balsamic and thyme on the mushrooms and roast for 15 minutes.
3. Remove from oven, sprinkle feta on top of the mushrooms. Serve.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 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.

Spiced chickpea tabbouleh bowl

273 cals ● 11g protein ● 3g fat ● 42g carbs ● 8g fiber



For single meal:

**lemon juice**  
3/8 tsp (2mL)  
**fresh parsley, chopped**  
1 sprigs (1g)  
**tomatoes, chopped**  
1/4 roma tomato (20g)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (38g)  
**ground cumin**  
2 dash (1g)  
**oil**  
1/8 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/4 can (112g)  
**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

For all 2 meals:

**lemon juice**  
1/4 tbsp (4mL)  
**fresh parsley, chopped**  
2 sprigs (2g)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**ground cumin**  
4 dash (1g)  
**oil**  
1/4 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)  
**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cals ● 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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