

# Meal Plan - 1400 calorie intermittent fasting pescetarian 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

1350 cals ● 106g protein (31%) ● 32g fat (21%) ● 137g carbs (40%) ● 23g fiber (7%)

### Lunch

585 cals, 23g protein, 76g net carbs, 16g fat



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



**Banana**  
2 banana(s)- 233 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Dinner

655 cals, 58g protein, 60g net carbs, 16g fat



**Carrot sticks**  
3 1/2 carrot(s)- 95 cals



**Lentils**  
116 cals



**Teriyaki seitan wings**  
6 oz seitan- 446 cals

## Day 2

1389 cals ● 99g protein (29%) ● 30g fat (19%) ● 153g carbs (44%) ● 28g fiber (8%)

### Lunch

610 cals, 35g protein, 61g net carbs, 21g fat



**Spiced chickpea tabbouleh bowl**  
364 cals



**String cheese**  
3 stick(s)- 248 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Dinner

670 cals, 40g protein, 91g net carbs, 9g fat



**Bbq cauliflower wings**  
268 cals



**Milk**  
3/4 cup(s)- 112 cals



**Lentils**  
289 cals

## Day 3

1388 cals ● 92g protein (27%) ● 52g fat (34%) ● 110g carbs (32%) ● 29g fiber (8%)

### Lunch

610 cals, 35g protein, 61g net carbs, 21g fat



Spiced chickpea tabbouleh bowl  
364 cals



String cheese  
3 stick(s)- 248 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

### Dinner

665 cals, 33g protein, 48g net carbs, 31g fat



Dry roasted edamame  
1/3 cup- 137 cals



Chunky canned soup (creamy)  
1 1/2 can(s)- 530 cals

## Day 4

1393 cals ● 93g protein (27%) ● 51g fat (33%) ● 114g carbs (33%) ● 27g fiber (8%)

### Lunch

615 cals, 36g protein, 66g net carbs, 20g fat



Milk  
1 cup(s)- 149 cals



Vegan meatball sub  
1 sub(s)- 468 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

### Dinner

665 cals, 33g protein, 48g net carbs, 31g fat



Dry roasted edamame  
1/3 cup- 137 cals



Chunky canned soup (creamy)  
1 1/2 can(s)- 530 cals

## Day 5

1383 cals ● 127g protein (37%) ● 40g fat (26%) ● 111g carbs (32%) ● 16g fiber (5%)

### Lunch

640 cals, 56g protein, 74g net carbs, 9g fat



Lentils  
231 cals



Shrimp-snap pea-lemon rice bowl  
408 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

### Dinner

635 cals, 47g protein, 36g net carbs, 31g fat



Basic baked potato  
1/2 potato(es)- 132 cals



Honey dijon salmon  
7 1/2 oz- 502 cals

## Day 6

1360 cals ● 103g protein (30%) ● 70g fat (46%) ● 63g carbs (19%) ● 16g fiber (5%)

### Lunch

615 cals, 32g protein, 26g net carbs, 39g fat



[Dry roasted edamame](#)

1/3 cup- 137 cals



[Egg salad sandwich](#)

1/2 sandwich(es)- 271 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Dinner

635 cals, 47g protein, 36g net carbs, 31g fat



[Basic baked potato](#)

1/2 potato(es)- 132 cals



[Honey dijon salmon](#)

7 1/2 oz- 502 cals

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## Day 7

1425 cals ● 98g protein (27%) ● 72g fat (45%) ● 77g carbs (22%) ● 19g fiber (5%)

### Lunch

615 cals, 32g protein, 26g net carbs, 39g fat



[Dry roasted edamame](#)

1/3 cup- 137 cals



[Egg salad sandwich](#)

1/2 sandwich(es)- 271 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Dinner

700 cals, 42g protein, 50g net carbs, 33g fat



[Milk](#)

1 cup(s)- 149 cals



[Vegan sausage & veggie sheet pan](#)

480 cals



[Tomato cucumber salad](#)

71 cals

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- ☐ barbecue sauce  
4 tbsp (72g)
- ☐ chunky canned soup (creamy varieties)  
3 can (~19 oz) (1599g)
- ☐ pasta sauce  
4 tbsp (65g)
- ☐ vegetable broth  
1/4 cup(s) (mL)

## Fruits and Fruit Juices

- ☐ banana  
2 medium (7" to 7-7/8" long) (236g)
- ☐ lemon juice  
2 1/2 tsp (12mL)

## Nut and Seed Products

- ☐ roasted cashews  
10 tbsp, halves and whole (86g)

## Vegetables and Vegetable Products

- ☐ carrots  
4 1/2 medium (275g)
- ☐ cauliflower  
1 head small (4" dia.) (265g)
- ☐ fresh parsley  
2 2/3 sprigs (3g)
- ☐ tomatoes  
1 medium whole (2-3/5" dia) (115g)
- ☐ cucumber  
5/8 cucumber (8-1/4") (176g)
- ☐ potatoes  
1 lbs (461g)
- ☐ garlic  
1 1/4 clove (4g)
- ☐ frozen sugar snap peas  
1/4 package (10 oz) (71g)
- ☐ onion  
1/4 small (18g)
- ☐ broccoli  
1 cup chopped (91g)
- ☐ purple onions  
1/4 small (18g)

## Spices and Herbs

## Beverages

- ☐ water  
11 cup(s) (2588mL)
- ☐ protein powder  
7 scoop (1/3 cup ea) (217g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 cup (176g)
- ☐ chickpeas, canned  
2/3 can (299g)

## Other

- ☐ teriyaki sauce  
3 tbsp (45mL)
- ☐ nutritional yeast  
1/2 oz (16g)
- ☐ edamame, dry roasted  
1 1/3 cup (120g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ italian seasoning  
4 dash (2g)
- ☐ vegan sausage  
1 sausage (100g)

## Fats and Oils

- ☐ oil  
2/3 oz (25mL)
- ☐ olive oil  
3/4 oz (20mL)
- ☐ mayonnaise  
2 tbsp (30mL)
- ☐ salad dressing  
1 tbsp (14mL)

## Cereal Grains and Pasta

- ☐ seitan  
6 oz (170g)
- ☐ instant couscous, flavored  
2/3 box (5.8 oz) (110g)
- ☐ long-grain white rice  
4 tbsp (46g)

## Dairy and Egg Products

- ☐ salt  
4 1/2 g (4g)
- ☐ ground cumin  
1/4 tbsp (1g)
- ☐ dijon mustard  
2 1/2 tbsp (38g)
- ☐ lemon pepper  
1/3 tsp (1g)
- ☐ black pepper  
1/4 g (0g)
- ☐ paprika  
1 dash (1g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)

- ☐ whole milk  
2 3/4 cup (660mL)
- ☐ string cheese  
6 stick (168g)
- ☐ eggs  
3 medium (132g)

## Finfish and Shellfish Products

- ☐ salmon  
2 1/2 fillet/s (6 oz each) (425g)
- ☐ shrimp, raw  
6 oz (170g)

## Sweets

- ☐ honey  
1 1/4 tbsp (26g)

## Baked Products

- ☐ bread  
2 slice (64g)
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## Lunch 1 [↗](#)

Eat on day 1

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



Makes 2 banana(s)

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

### 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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Spiced chickpea tabbouleh bowl

364 cals ● 15g protein ● 4g fat ● 56g carbs ● 10g fiber



For single meal:

#### lemon juice

1/2 tsp (2mL)

#### fresh parsley, chopped

1 1/3 sprigs (1g)

#### tomatoes, chopped

1/3 roma tomato (27g)

#### cucumber, chopped

1/6 cucumber (8-1/4") (50g)

#### ground cumin

1/3 tsp (1g)

#### oil

1/6 tsp (1mL)

#### chickpeas, canned, drained & rinsed

1/3 can (149g)

#### instant couscous, flavored

1/3 box (5.8 oz) (55g)

For all 2 meals:

#### lemon juice

1 tsp (5mL)

#### fresh parsley, chopped

2 2/3 sprigs (3g)

#### tomatoes, chopped

2/3 roma tomato (53g)

#### cucumber, chopped

1/3 cucumber (8-1/4") (100g)

#### ground cumin

1/4 tbsp (1g)

#### oil

1/3 tsp (2mL)

#### chickpeas, canned, drained & rinsed

2/3 can (299g)

#### instant couscous, flavored

2/3 box (5.8 oz) (110g)

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.

### String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

#### string cheese

3 stick (84g)

For all 2 meals:

#### string cheese

6 stick (168g)

1. This recipe has no instructions.



## Lunch 3 [↗](#)

Eat on day 4

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

#### whole milk

1 cup (240mL)



1. This recipe has no instructions.

### Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

#### sub roll(s)

1 roll(s) (85g)

#### nutritional yeast

1 tsp (1g)

#### pasta sauce

4 tbsp (65g)

#### vegan meatballs, frozen

4 meatball(s) (120g)

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.

## Lunch 4 [↗](#)

Eat on day 5

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



#### salt

2/3 dash (0g)

#### 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.

### Shrimp-snap pea-lemon rice bowl

408 cals ● 40g protein ● 8g fat ● 41g carbs ● 3g fiber





**lemon pepper**  
1/3 tsp (1g)  
**water**  
1/4 cup(s) (59mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**long-grain white rice**  
4 tbsp (46g)  
**olive oil, divided**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**frozen sugar snap peas**  
1/4 package (10 oz) (71g)  
**shrimp, raw, peeled and deveined**  
6 oz (170g)

1. Prepare the rice:
2. Combine the rice, lemon juice, water, broth and half of the oil in a saucepan.
3. Bring to a boil, then reduce heat.
4. Cover and simmer for 20 minutes or until tender.
5. Mix in lemon pepper. Set aside.
6. Meanwhile, prepare the shrimp:
7. Heat the second half of the oil in a large skillet over medium-high heat.
8. Add the shrimp and season with salt and pepper. Cook for 5-6 minutes or until shrimp is fully pink and opaque.
9. Prepare the snap peas according to its package.
10. Bring the shrimp, snap peas, and rice together; stir (or keep it all separate- whichever you prefer!)  
Serve.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Dry roasted edamame

1/3 cup - 137 cals ● 14g protein ● 5g fat ● 3g carbs ● 6g fiber



For single meal:

**edamame, dry roasted**  
1/3 cup (30g)

For all 2 meals:

**edamame, dry roasted**  
2/3 cup (60g)

1. This recipe has no instructions.

### Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



For single meal:

**eggs**  
1 1/2 medium (66g)  
**mayonnaise**  
1 tbsp (15mL)  
**onion, chopped**  
1/8 small (9g)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**bread**  
1 slice (32g)  
**paprika**  
1/2 dash (0g)  
**yellow mustard**  
1 dash or 1 packet (1g)

For all 2 meals:

**eggs**  
3 medium (132g)  
**mayonnaise**  
2 tbsp (30mL)  
**onion, chopped**  
1/4 small (18g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**bread**  
2 slice (64g)  
**paprika**  
1 dash (1g)  
**yellow mustard**  
2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

### Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**  
4 tbsp, halves and whole (34g)

For all 2 meals:

**roasted cashews**  
1/2 cup, halves and whole (69g)

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

Eat on day 1

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### Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

#### carrots

3 1/2 medium (214g)

1. Cut carrots into strips and serve.

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### Lentils

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



#### salt

1/3 dash (0g)

#### water

2/3 cup(s) (158mL)

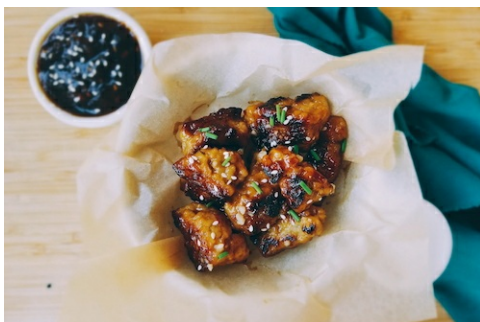
#### lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

### Teriyaki seitan wings

6 oz seitan - 446 cals ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



Makes 6 oz seitan

#### teriyaki sauce

3 tbsp (45mL)

#### oil

3/4 tbsp (11mL)

#### seitan

6 oz (170g)

1. Cut seitan into bite-sized shapes
  2. Heat oil in a pan over medium heat.
  3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
  4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
  5. Remove and serve.
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## Dinner 2 [↗](#)

Eat on day 2

### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



#### barbecue sauce

4 tbsp (72g)

#### salt

2 dash (2g)

#### nutritional yeast

4 tbsp (15g)

#### cauliflower

1 head small (4" dia.) (265g)

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.

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber

Makes 3/4 cup(s)

#### whole milk

3/4 cup (180mL)



1. This recipe has no instructions.

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

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 3 [🔗](#)

Eat on day 3, day 4

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#### Dry roasted edamame

1/3 cup - 137 cals ● 14g protein ● 5g fat ● 3g carbs ● 6g fiber



For single meal:  
**edamame, dry roasted**  
1/3 cup (30g)

For all 2 meals:  
**edamame, dry roasted**  
2/3 cup (60g)

1. This recipe has no instructions.

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#### Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



For single meal:  
**chunky canned soup (creamy varieties)**  
1 1/2 can (~19 oz) (800g)

For all 2 meals:  
**chunky canned soup (creamy varieties)**  
3 can (~19 oz) (1599g)

1. Prepare according to instructions on package.
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## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

**oil**

1/4 tsp (1mL)

**salt**

1/2 dash (0g)

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

**oil**

1/2 tsp (3mL)

**salt**

1 dash (0g)

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

### Honey dijon salmon

7 1/2 oz - 502 cal ● 44g protein ● 31g fat ● 12g carbs ● 1g fiber



For single meal:

**salmon**  
1 1/4 fillet/s (6 oz each) (213g)  
**dijon mustard**  
1 1/4 tbsp (19g)  
**honey**  
2 tsp (13g)  
**garlic, minced**  
5/8 clove (2g)  
**olive oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**salmon**  
2 1/2 fillet/s (6 oz each) (425g)  
**dijon mustard**  
2 1/2 tbsp (38g)  
**honey**  
1 1/4 tbsp (26g)  
**garlic, minced**  
1 1/4 clove (4g)  
**olive oil**  
2 1/2 tsp (13mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

## Dinner 5 [🔗](#)

Eat on day 7

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

**whole milk**  
1 cup (240mL)



1. This recipe has no instructions.

## Vegan sausage & veggie sheet pan

480 cals ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



**italian seasoning**  
4 dash (2g)  
**oil**  
2 tsp (10mL)  
**broccoli, chopped**  
1 cup chopped (91g)  
**carrots, sliced**  
1 medium (61g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)

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.



## Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



### tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

### cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

### purple onions, thinly sliced

1/4 small (18g)

### salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

#### water

1 cup(s) (237mL)

#### protein powder

1 scoop (1/3 cup ea) (31g)

For all 7 meals:

#### water

7 cup(s) (1659mL)

#### protein powder

7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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