

# Meal Plan - 2200 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

2151 cals ● 158g protein (29%) ● 87g fat (37%) ● 145g carbs (27%) ● 37g fiber (7%)

### Lunch

900 cals, 38g protein, 71g net carbs, 42g fat



[Raspberries](#)  
1 1/4 cup(s)- 90 cals



[Grilled cheese with mushrooms](#)  
808 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Dinner

1090 cals, 84g protein, 73g net carbs, 45g fat



[Avocado tuna salad](#)  
727 cals



[Lowfat yogurt](#)  
2 container(s)- 362 cals

## Day 2

2250 cals ● 178g protein (32%) ● 95g fat (38%) ● 135g carbs (24%) ● 35g fiber (6%)

### Lunch

995 cals, 58g protein, 61g net carbs, 49g fat



[Basic tempeh](#)  
8 oz- 590 cals



[Cranberry spinach salad](#)  
253 cals



[Dinner roll](#)  
2 roll- 154 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Dinner

1090 cals, 84g protein, 73g net carbs, 45g fat



[Avocado tuna salad](#)  
727 cals



[Lowfat yogurt](#)  
2 container(s)- 362 cals

## Day 3

2156 cals ● 181g protein (34%) ● 101g fat (42%) ● 98g carbs (18%) ● 33g fiber (6%)

### Lunch

995 cals, 58g protein, 61g net carbs, 49g fat



**Basic tempeh**  
8 oz- 590 cals



**Cranberry spinach salad**  
253 cals



**Dinner roll**  
2 roll- 154 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

995 cals, 87g protein, 35g net carbs, 51g fat



**Almond crusted tilapia**  
12 oz- 847 cals



**Simple sauteed spinach**  
149 cals

## Day 4

2141 cals ● 180g protein (34%) ● 95g fat (40%) ● 116g carbs (22%) ● 26g fiber (5%)

### Lunch

980 cals, 56g protein, 79g net carbs, 43g fat



**White rice**  
5/6 cup rice, cooked- 184 cals



**Tomato and avocado salad**  
352 cals



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

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

995 cals, 87g protein, 35g net carbs, 51g fat



**Almond crusted tilapia**  
12 oz- 847 cals



**Simple sauteed spinach**  
149 cals

## Day 5

2105 cals ● 145g protein (28%) ● 90g fat (38%) ● 133g carbs (25%) ● 46g fiber (9%)

### Lunch

980 cals, 56g protein, 79g net carbs, 43g fat



White rice

5/6 cup rice, cooked- 184 cals



Tomato and avocado salad

352 cals



Teriyaki seitan wings

6 oz seitan- 446 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Dinner

960 cals, 53g protein, 53g net carbs, 46g fat



Garlic collard greens

425 cals



Baked fries

193 cals



Garlic pepper seitan

342 cals

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## Day 6

2209 cals ● 149g protein (27%) ● 111g fat (45%) ● 110g carbs (20%) ● 44g fiber (8%)

### Lunch

1085 cals, 60g protein, 55g net carbs, 64g fat



Goat cheese and marinara stuffed zucchini

4 zucchini halve(s)- 384 cals



Simple mozzarella and tomato salad

403 cals



Milk

2 cup(s)- 298 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Dinner

960 cals, 53g protein, 53g net carbs, 46g fat



Garlic collard greens

425 cals



Baked fries

193 cals



Garlic pepper seitan

342 cals

Day 7

2177 cals ● 139g protein (26%) ● 83g fat (34%) ● 181g carbs (33%) ● 36g fiber (7%)

Lunch

1085 cals, 60g protein, 55g net carbs, 64g fat



Goat cheese and marinara stuffed zucchini  
4 zucchini halve(s)- 384 cals



Simple mozzarella and tomato salad  
403 cals



Milk  
2 cup(s)- 298 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

Dinner

930 cals, 43g protein, 124g net carbs, 18g fat



Pear  
2 pear(s)- 226 cals



Vegan meatball sub  
1 1/2 sub(s)- 702 cals



## Fruits and Fruit Juices

- ☐ raspberries  
1 1/4 cup (154g)
- ☐ avocados  
3 avocado(s) (637g)
- ☐ lime juice  
2 fl oz (62mL)
- ☐ dried cranberries  
1/4 cup (36g)
- ☐ pears  
2 medium (356g)

## Vegetables and Vegetable Products

- ☐ mushrooms  
1 1/4 cup, chopped (88g)
- ☐ onion  
1 1/3 medium (2-1/2" dia) (143g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (790g)
- ☐ fresh spinach  
1 2/3 10oz package (473g)
- ☐ garlic  
12 clove(s) (36g)
- ☐ collard greens  
2 2/3 lbs (1210g)
- ☐ potatoes  
1 large (3" to 4-1/4" dia.) (369g)
- ☐ green pepper  
2 tbsp, chopped (19g)
- ☐ zucchini  
4 large (1292g)

## Fats and Oils

- ☐ olive oil  
1/4 lbs (112mL)
- ☐ oil  
4 oz (116mL)
- ☐ raspberry walnut vinaigrette  
1/4 cup (53mL)
- ☐ balsamic vinaigrette  
1/4 cup (50mL)

## Spices and Herbs

- ☐ thyme, dried  
2 1/2 tsp, ground (4g)
- ☐ salt  
3/4 oz (18g)

## Dairy and Egg Products

- ☐ sliced cheese  
2 1/2 slice (3/4 oz ea) (53g)
- ☐ lowfat flavored yogurt  
4 container (6 oz) (680g)
- ☐ romano cheese  
2 tsp (4g)
- ☐ goat cheese  
4 oz (113g)
- ☐ fresh mozzarella cheese  
6 2/3 oz (189g)
- ☐ whole milk  
4 cup (960mL)

## Other

- ☐ mixed greens  
3 1/3 cup (100g)
- ☐ teriyaki sauce  
6 tbsp (90mL)
- ☐ vegan meatballs, frozen  
6 meatball(s) (180g)
- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ sub roll(s)  
1 1/2 roll(s) (128g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 1/3 can (573g)
- ☐ tilapia, raw  
1 1/2 lbs (672g)

## Beverages

- ☐ water  
3/4 gallon (2803mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Legumes and Legume Products

- ☐ tempeh  
1 lbs (454g)

## Nut and Seed Products

- ☐ walnuts  
1/4 cup, chopped (26g)

- ☐ black pepper  
4 1/2 g (4g)
- ☐ garlic powder  
1/4 tbsp (2g)
- ☐ fresh basil  
3 1/3 tbsp, chopped (9g)

## Baked Products

- ☐ bread  
5 slice(s) (160g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

- ☐ almonds  
1 cup, slivered (108g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
2/3 cup(s) (83g)
- ☐ long-grain white rice  
1/2 cup (103g)
- ☐ seitan  
1 1/4 lbs (567g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1 1/2 cup (358g)
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## Lunch 1 [↗](#)

Eat on day 1

### Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



Makes 1 1/4 cup(s)

#### raspberries

1 1/4 cup (154g)

1. Rinse raspberries and serve.

### Grilled cheese with mushrooms

808 cals ● 36g protein ● 41g fat ● 63g carbs ● 12g fiber



#### mushrooms

1 1/4 cup, chopped (88g)

#### olive oil

1 1/4 tbsp (19mL)

#### thyme, dried

2 1/2 tsp, ground (4g)

#### bread

5 slice(s) (160g)

#### sliced cheese

2 1/2 slice (3/4 oz ea) (53g)

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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

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.

### Cranberry spinach salad

253 cals ● 4g protein ● 17g fat ● 19g carbs ● 3g fiber



For single meal:

**dried cranberries**  
1 3/4 tbsp (18g)  
**walnuts**  
1 3/4 tbsp, chopped (13g)  
**fresh spinach**  
1/3 6oz package (57g)  
**raspberry walnut vinaigrette**  
1 3/4 tbsp (27mL)  
**romano cheese, finely shredded**  
1 tsp (2g)

For all 2 meals:

**dried cranberries**  
1/4 cup (36g)  
**walnuts**  
1/4 cup, chopped (26g)  
**fresh spinach**  
2/3 6oz package (113g)  
**raspberry walnut vinaigrette**  
1/4 cup (53mL)  
**romano cheese, finely shredded**  
2 tsp (4g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

### Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

**Roll**  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

**Roll**  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.



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## Lunch 3 [🔗](#)

Eat on day 4, day 5

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### White rice

5/6 cup rice, cooked - 184 cal ● 4g protein ● 0g fat ● 41g carbs ● 1g fiber



For single meal:

**long-grain white rice**

1/4 cup (51g)

**water**

1/2 cup(s) (132mL)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (0g)

For all 2 meals:

**long-grain white rice**

1/2 cup (103g)

**water**

1 cup(s) (263mL)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
  2. In a saucepan with a good fitting lid bring water and salt to a boil.
  3. Add rice and stir.
  4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
  5. Cook for 20 minutes.
  6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
  7. Remove from heat and fluff with fork, season with pepper, and serve.
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### Tomato and avocado salad

352 cal ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**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)

For all 2 meals:

**onion**

3 tbsp minced (45g)

**lime juice**

3 tbsp (45mL)

**avocados, cubed**

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

**tomatoes, diced**

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

(185g)

**olive oil**

3/4 tbsp (11mL)

**garlic powder**

1/4 tbsp (2g)

**salt**

1/4 tbsp (5g)

**black pepper**

1/4 tbsp, ground (2g)

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.

## Teriyaki seitan wings

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



For single meal:

**teriyaki sauce**

3 tbsp (45mL)

**oil**

3/4 tbsp (11mL)

**seitan**

6 oz (170g)

For all 2 meals:

**teriyaki sauce**

6 tbsp (90mL)

**oil**

1 1/2 tbsp (23mL)

**seitan**

3/4 lbs (340g)

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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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cal ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



For single meal:

**zucchini**

2 large (646g)

**pasta sauce**

1/2 cup (130g)

**goat cheese**

2 oz (57g)

For all 2 meals:

**zucchini**

4 large (1292g)

**pasta sauce**

1 cup (260g)

**goat cheese**

4 oz (113g)

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.

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### Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



For single meal:

**tomatoes, sliced**  
1 1/4 large whole (3" dia) (228g)  
**fresh mozzarella cheese, sliced**  
1/4 lbs (95g)  
**balsamic vinaigrette**  
5 tsp (25mL)  
**fresh basil**  
5 tsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**  
2 1/2 large whole (3" dia) (455g)  
**fresh mozzarella cheese, sliced**  
6 2/3 oz (189g)  
**balsamic vinaigrette**  
1/4 cup (50mL)  
**fresh basil**  
1/4 cup, chopped (9g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

**whole milk**  
2 cup (480mL)

For all 2 meals:

**whole milk**  
4 cup (960mL)

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

Eat on day 1, day 2

### Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

**avocados**

5/6 avocado(s) (168g)

**lime juice**

1/2 tbsp (8mL)

**salt**

1/4 tsp (1g)

**black pepper**

1/4 tsp (0g)

**mixed greens**

1 2/3 cup (50g)

**onion, minced**

3/8 small (29g)

**canned tuna**

1 2/3 can (287g)

**tomatoes**

6 2/3 tbsp, chopped (75g)

For all 2 meals:

**avocados**

1 2/3 avocado(s) (335g)

**lime juice**

1 tbsp (17mL)

**salt**

1/2 tsp (1g)

**black pepper**

1/2 tsp (0g)

**mixed greens**

3 1/3 cup (100g)

**onion, minced**

5/6 small (58g)

**canned tuna**

3 1/3 can (573g)

**tomatoes**

13 1/3 tbsp, chopped (150g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**

2 container (6 oz) (340g)

For all 2 meals:

**lowfat flavored yogurt**

4 container (6 oz) (680g)

1. This recipe has no instructions.

## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Almond crusted tilapia

12 oz - 847 cal ● 82g protein ● 40g fat ● 32g carbs ● 7g fiber



For single meal:

**tilapia, raw**  
3/4 lbs (336g)  
**almonds**  
1/2 cup, slivered (54g)  
**all-purpose flour**  
1/3 cup(s) (42g)  
**salt**  
2 dash (1g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**tilapia, raw**  
1 1/2 lbs (672g)  
**almonds**  
1 cup, slivered (108g)  
**all-purpose flour**  
2/3 cup(s) (83g)  
**salt**  
4 dash (2g)  
**olive oil**  
2 tbsp (30mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

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### Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

**garlic, diced**  
3/4 clove (2g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)  
**fresh spinach**  
6 cup(s) (180g)

For all 2 meals:

**garlic, diced**  
1 1/2 clove (5g)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
  2. Add the garlic and sauté for a minute or two until fragrant.
  3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
  4. Serve.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

### Garlic collard greens

425 cals ● 19g protein ● 22g fat ● 12g carbs ● 25g fiber



For single meal:

**collard greens**

1 1/3 lbs (605g)

**oil**

4 tsp (20mL)

**garlic, minced**

4 clove(s) (12g)

**salt**

1/3 tsp (2g)

For all 2 meals:

**collard greens**

2 2/3 lbs (1210g)

**oil**

2 2/3 tbsp (40mL)

**garlic, minced**

8 clove(s) (24g)

**salt**

1/4 tbsp (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**potatoes**

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

For all 2 meals:

**oil**

1 tbsp (15mL)

**potatoes**

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

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**green pepper**  
1 tbsp, chopped (9g)  
**seitan, chicken style**  
4 oz (113g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**onion**  
4 tbsp, chopped (40g)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**green pepper**  
2 tbsp, chopped (19g)  
**seitan, chicken style**  
1/2 lbs (227g)  
**black pepper**  
2 dash, ground (1g)  
**water**  
1 tbsp (15mL)  
**salt**  
1 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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## Dinner 4 [🔗](#)

Eat on day 7

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### 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.

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### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)

**vegan meatballs, frozen**

6 meatball(s) (180g)

**pasta sauce**

6 tbsp (98g)

**nutritional yeast**

1/2 tbsp (2g)

**sub roll(s)**

1 1/2 roll(s) (128g)

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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## Protein Supplement(s) [🔗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**

1 1/2 cup(s) (356mL)

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**

10 1/2 cup(s) (2489mL)

**protein powder**

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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