

Meal Plan - 2800 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

2842 cals ● 206g protein (29%) ● 154g fat (49%) ● 130g carbs (18%) ● 28g fiber (4%)

Lunch

1180 cals, 41g protein, 67g net carbs, 77g fat



[Pesto grilled cheese sandwich](#)
1 1/2 sandwich(es)- 836 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



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

Protein Supplement(s)

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



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

Dinner

1445 cals, 116g protein, 62g net carbs, 76g fat



[Vegan bangers and cauliflower mash](#)
4 sausage link(s)- 1444 cals

Day 2

2765 cals ● 181g protein (26%) ● 122g fat (40%) ● 194g carbs (28%) ● 43g fiber (6%)

Lunch

1290 cals, 62g protein, 84g net carbs, 72g fat



[Simple mixed greens salad](#)
271 cals



[Rosemary mushroom cheese sandwich](#)
2 1/2 sandwich(es)- 1019 cals

Protein Supplement(s)

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



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

Dinner

1255 cals, 71g protein, 108g net carbs, 49g fat



[Simple salad with tomatoes and carrots](#)
294 cals



[Tofu lasagna](#)
962 cals

Day 3

2765 cals ● 181g protein (26%) ● 122g fat (40%) ● 194g carbs (28%) ● 43g fiber (6%)

Lunch

1290 cals, 62g protein, 84g net carbs, 72g fat



Simple mixed greens salad
271 cals



Rosemary mushroom cheese sandwich
2 1/2 sandwich(es)- 1019 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1255 cals, 71g protein, 108g net carbs, 49g fat



Simple salad with tomatoes and carrots
294 cals



Tofu lasagna
962 cals

Day 4

2754 cals ● 178g protein (26%) ● 97g fat (32%) ● 218g carbs (32%) ● 74g fiber (11%)

Lunch

1330 cals, 60g protein, 139g net carbs, 54g fat



Grilled cheese with mushrooms
970 cals



Lowfat yogurt
2 container(s)- 362 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1205 cals, 71g protein, 78g net carbs, 43g fat



Garlic collard greens
637 cals



Mashed sweet potatoes
275 cals



Vegan crumbles
2 cup(s)- 292 cals

Day 5

2781 cals ● 178g protein (26%) ● 99g fat (32%) ● 237g carbs (34%) ● 57g fiber (8%)

Lunch

1315 cals, 58g protein, 86g net carbs, 78g fat



Simple mixed greens and tomato salad
151 cals



Shrimp scampi
1161 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

1250 cals, 72g protein, 149g net carbs, 19g fat



Vegan chunky chili
1074 cals



Tortilla chips
176 cals

Day 6

2740 cals ● 193g protein (28%) ● 94g fat (31%) ● 217g carbs (32%) ● 64g fiber (9%)

Lunch

1270 cals, 73g protein, 66g net carbs, 74g fat



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals



String cheese

3 stick(s)- 248 cals



Roasted cashews

1/2 cup(s)- 469 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1250 cals, 72g protein, 149g net carbs, 19g fat



Vegan chunky chili

1074 cals



Tortilla chips

176 cals

Day 7

2765 cals ● 177g protein (26%) ● 114g fat (37%) ● 199g carbs (29%) ● 59g fiber (8%)

Lunch

1270 cals, 73g protein, 66g net carbs, 74g fat



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals



String cheese

3 stick(s)- 248 cals



Roasted cashews

1/2 cup(s)- 469 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

1275 cals, 56g protein, 131g net carbs, 39g fat



Tossed salad

424 cals



Milk

1 2/3 cup(s)- 248 cals



Garlic crumbles stuffed sweet potatoes

2 sweet potato(es)- 602 cals

Baked Products

- ☐ bread
1 3/4 lbs (800g)

Dairy and Egg Products

- ☐ butter
5 tbsp (69g)
- ☐ cheese
13 oz (367g)
- ☐ eggs
2 medium (88g)
- ☐ whole milk
1 3/4 cup (422mL)
- ☐ mozzarella cheese, shredded
2 cup (172g)
- ☐ parmesan cheese
2 oz (54g)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ heavy cream
5 tbsp (75mL)
- ☐ string cheese
6 stick (168g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 1/2 tbsp (24g)
- ☐ pasta sauce
1 cup (260g)

Vegetables and Vegetable Products

- ☐ tomatoes
20 medium whole (2-3/5" dia) (2441g)
- ☐ onion
2 medium (2-1/2" dia) (240g)
- ☐ carrots
3 medium (179g)
- ☐ romaine lettuce
4 3/4 hearts (2375g)
- ☐ mushrooms
14 1/2 oz (411g)
- ☐ collard greens
2 lbs (907g)
- ☐ garlic
10 1/3 clove(s) (31g)

Other

- ☐ mixed greens
23 1/2 cup (705g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ frozen cauliflower
3 cup (340g)
- ☐ italian seasoning
1 tsp (4g)

Beverages

- ☐ water
22 1/2 cup(s) (5314mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Cereal Grains and Pasta

- ☐ dry lasagna noodles
6 oz (171g)
- ☐ uncooked dry pasta
3 1/3 oz (95g)

Spices and Herbs

- ☐ salt
1/2 oz (13g)
- ☐ black pepper
5 g (5g)
- ☐ rosemary, dried
1 1/4 tsp (2g)
- ☐ thyme, dried
1 tbsp, ground (4g)
- ☐ chili powder
4 tbsp (32g)
- ☐ garlic powder
1/2 tsp (2g)
- ☐ onion powder
1/4 tbsp (2g)

Legumes and Legume Products

- ☐ firm tofu
3/4 lbs (340g)
- ☐ vegetarian burger crumbles
1 package (12 oz) (313g)
- ☐ extra firm tofu
1 cup (252g)
- ☐ dry kidney beans
2/3 cup (123g)

- ☐ sweet potatoes
3 1/2 sweetpotato, 5" long (735g)
- ☐ green pepper
2/3 cup, chopped (99g)
- ☐ red bell pepper
2/3 cup, chopped (99g)
- ☐ fresh green beans
2/3 cup 1/2" pieces (67g)
- ☐ raw celery
2/3 cup chopped (67g)
- ☐ shallots
5 tsp chopped (17g)
- ☐ red onion
1/2 medium (2-1/2" dia) (48g)
- ☐ cucumber
1/2 cucumber (8-1/4") (132g)

Fats and Oils

- ☐ salad dressing
15 oz (435mL)
- ☐ oil
1/4 cup (68mL)
- ☐ olive oil
1 1/2 tbsp (23mL)

- ☐ dry white beans
2/3 cup (135g)
- ☐ lentils, raw
2/3 cup (128g)

Snacks

- ☐ tortilla chips
2 1/2 oz (71g)

Finfish and Shellfish Products

- ☐ shrimp, raw
6 3/4 oz (189g)
- ☐ canned tuna
1 1/2 can (258g)

Fruits and Fruit Juices

- ☐ lime juice
1/2 tbsp (8mL)
- ☐ avocados
3/4 avocado(s) (151g)

Nut and Seed Products

- ☐ roasted cashews
1 cup, halves and whole (154g)
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Lunch 1 [↗](#)

Eat on day 1

Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cal ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

butter, softened

1 1/2 tbsp (21g)

pesto sauce

1 1/2 tbsp (24g)

cheese

3 slice (1 oz each) (84g)

tomatoes

3 slice(s), thin/small (45g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Simple mixed greens and tomato salad

302 cal ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

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

Lunch 2 [↗](#)

Eat on day 2, day 3

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



For single meal:
mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

For all 2 meals:
mixed greens
12 cup (360g)
salad dressing
3/4 cup (180mL)

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

Rosemary mushroom cheese sandwich

2 1/2 sandwich(es) - 1019 cals ● 57g protein ● 53g fat ● 67g carbs ● 12g fiber



For single meal:
rosemary, dried
5 dash (1g)
mixed greens
1 1/4 cup (38g)
mushrooms
1/4 lbs (106g)
cheese
1 1/4 cup, shredded (141g)
bread
5 slice(s) (160g)

For all 2 meals:
rosemary, dried
1 1/4 tsp (2g)
mixed greens
2 1/2 cup (75g)
mushrooms
1/2 lbs (213g)
cheese
2 1/2 cup, shredded (283g)
bread
10 slice(s) (320g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 3 [↗](#)

Eat on day 4

Grilled cheese with mushrooms

970 cals ● 43g protein ● 49g fat ● 75g carbs ● 14g fiber



mushrooms

1 1/2 cup, chopped (105g)

olive oil

1 1/2 tbsp (23mL)

thyme, dried

1 tbsp, ground (4g)

bread

6 slice(s) (192g)

sliced cheese

3 slice (3/4 oz ea) (63g)

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.

Lowfat yogurt

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



Makes 2 container(s)

lowfat flavored yogurt

2 container (6 oz) (340g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



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.

Shrimp scampi

1161 cals ● 55g protein ● 69g fat ● 76g carbs ● 4g fiber



shrimp, raw, shelled and deveined

6 2/3 oz (189g)

garlic, minced

3 1/3 clove (10g)

butter

1/4 cup (47g)

heavy cream

5 tbsp (75mL)

uncooked dry pasta

1/4 lbs (95g)

water

3/8 cup(s) (99mL)

parmesan cheese

2 1/2 tsp (4g)

shallots, minced

5 tsp chopped (17g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
 2. While the pasta cooks, mince the shallot and the garlic.
 3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
 4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
 5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
 6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
 7. Transfer to serving dish and top with parmesan cheese (optional).
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Lunch 5 [🔗](#)

Eat on day 6, day 7

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
lime juice
1/4 tbsp (4mL)
avocados
3/8 avocado(s) (75g)
canned tuna, drained
3/4 can (129g)
bread
3 slice (96g)
onion, minced
1/6 small (13g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
canned tuna, drained
1 1/2 can (258g)
bread
6 slice (192g)
onion, minced
3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices 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.

Roasted cashews

1/2 cup(s) - 469 cals ● 12g protein ● 36g fat ● 23g carbs ● 2g fiber



For single meal:

roasted cashews
1/2 cup, halves and whole (77g)

For all 2 meals:

roasted cashews
1 cup, halves and whole (154g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Vegan bangers and cauliflower mash

4 sausage link(s) - 1444 cals ● 116g protein ● 76g fat ● 62g carbs ● 11g fiber



Makes 4 sausage link(s)

onion, thinly sliced

2 small (140g)

vegan sausage

4 sausage (400g)

oil

2 tbsp (30mL)

frozen cauliflower

3 cup (340g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Dinner 2 [🔗](#)

Eat on day 2, day 3

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:

salad dressing

2 1/4 tbsp (34mL)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (185g)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

For all 2 meals:

salad dressing

1/4 cup (68mL)

tomatoes, diced

3 medium whole (2-3/5" dia) (369g)

carrots, sliced

1 1/2 medium (92g)

romaine lettuce, roughly chopped

3 hearts (1500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Tofu lasagna

962 cals ● 60g protein ● 39g fat ● 87g carbs ● 6g fiber



For single meal:

dry lasagna noodles

3 oz (86g)

eggs

1 medium (44g)

whole milk

1 tbsp (15mL)

pasta sauce

1/2 cup (130g)

mozzarella cheese, shredded

1 cup (86g)

salt

2 dash (2g)

black pepper

4 dash, ground (1g)

parmesan cheese

4 tbsp (25g)

firm tofu, crumbled

6 oz (170g)

italian seasoning

4 dash (2g)

For all 2 meals:

dry lasagna noodles

6 oz (171g)

eggs

2 medium (88g)

whole milk

2 tbsp (30mL)

pasta sauce

1 cup (260g)

mozzarella cheese, shredded

2 cup (172g)

salt

4 dash (3g)

black pepper

1 tsp, ground (2g)

parmesan cheese

1/2 cup (50g)

firm tofu, crumbled

3/4 lbs (340g)

italian seasoning

1 tsp (4g)

1. Preheat oven to 350°F (175°C).
 2. Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
 3. In a medium bowl combine tofu, eggs, salt, pepper, milk, spaghetti sauce, Italian seasoning, and half of the mozzarella cheese. Spread a layer in the bottom of a baking dish.
 4. Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining mozzarella and parmesan cheese.
 5. Bake for 25 to 35 minutes.
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Dinner 3 [↗](#)

Eat on day 4

Garlic collard greens

637 cals ● 28g protein ● 34g fat ● 18g carbs ● 37g fiber



collard greens

2 lbs (907g)

oil

2 tbsp (30mL)

garlic, minced

6 clove(s) (18g)

salt

4 dash (3g)

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.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Vegan crumbles

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



Makes 2 cup(s)

vegetarian burger crumbles
2 cup (200g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Vegan chunky chili

1074 cals ● 69g protein ● 11g fat ● 127g carbs ● 47g fiber



For single meal:

extra firm tofu
1/2 cup (126g)
chili powder
2 tbsp (16g)
garlic powder
1 1/3 dash (1g)
tomatoes
4 cup, chopped (720g)
water
4 cup(s) (948mL)
green pepper
1/3 cup, chopped (50g)
red bell pepper
1/3 cup, chopped (50g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
dry kidney beans, soaked overnight
1/3 cup (61g)
dry white beans, soaked overnight
1/3 cup (67g)
lentils, raw, soaked overnight
1/3 cup (64g)
mushrooms
2/3 cup, chopped (47g)
fresh green beans
1/3 cup 1/2" pieces (33g)
raw celery
1/3 cup chopped (34g)
onion powder
1/3 tsp (1g)

For all 2 meals:

extra firm tofu
16 tbsp (252g)
chili powder
4 tbsp (32g)
garlic powder
1/3 tsp (1g)
tomatoes
8 cup, chopped (1440g)
water
8 cup(s) (1896mL)
green pepper
2/3 cup, chopped (99g)
red bell pepper
2/3 cup, chopped (99g)
onion, chopped
2/3 medium (2-1/2" dia) (73g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
dry kidney beans, soaked overnight
2/3 cup (123g)
dry white beans, soaked overnight
2/3 cup (135g)
lentils, raw, soaked overnight
2/3 cup (128g)
mushrooms
1 1/3 cup, chopped (93g)
fresh green beans
2/3 cup 1/2" pieces (67g)
raw celery
2/3 cup chopped (67g)
onion powder
1/4 tbsp (2g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Tortilla chips

176 cal ● 2g protein ● 8g fat ● 22g carbs ● 2g fiber



For single meal:

tortilla chips

1 1/4 oz (35g)

For all 2 meals:

tortilla chips

2 1/2 oz (71g)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Tossed salad

424 cals ● 15g protein ● 14g fat ● 35g carbs ● 24g fiber



red onion, sliced

1/2 medium (2-1/2" dia) (48g)

cucumber, sliced or diced

1/2 cucumber (8-1/4") (132g)

romaine lettuce, shredded

1 3/4 hearts (875g)

carrots, peeled and shredded or sliced

1 3/4 small (5-1/2" long) (88g)

tomatoes, diced

1 3/4 small whole (2-2/5" dia) (159g)

salad dressing

1/4 cup (53mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber

Makes 1 2/3 cup(s)

whole milk

1 2/3 cup (400mL)



1. This recipe has no instructions.

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cals ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



Makes 2 sweet potato(es)

vegetarian burger crumbles

4 oz (113g)

sweet potatoes

2 sweetpotato, 5" long (420g)

garlic powder

2 dash (1g)

garlic, minced

1 clove(s) (3g)

oil

1/2 tbsp (8mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Protein Supplement(s) [🔗](#)

Eat every day

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.