

Meal Plan - 1300 calorie high protein 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

1349 cals ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

Breakfast

235 cals, 6g protein, 34g net carbs, 7g fat



[Medium toasted bagel with butter](#)
1/2 bagel(s)- 196 cals



[Clementine](#)
1 clementine(s)- 39 cals

Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



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



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

220 cals, 12g protein, 21g net carbs, 9g fat



[Chik'n nuggets](#)
4 nuggets- 221 cals

Dinner

450 cals, 36g protein, 45g net carbs, 8g fat



[Chips and salsa](#)
82 cals



[Southwest shrimp & black bean bowl](#)
369 cals

Day 2

1349 cal ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

Breakfast

235 cal, 6g protein, 34g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cal



Clementine
1 clementine(s)- 39 cal

Snacks

170 cal, 14g protein, 5g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

220 cal, 12g protein, 21g net carbs, 9g fat



Chik'n nuggets
4 nuggets- 221 cal

Dinner

450 cal, 36g protein, 45g net carbs, 8g fat



Chips and salsa
82 cal



Southwest shrimp & black bean bowl
369 cal

Day 3

1281 cal ● 121g protein (38%) ● 52g fat (37%) ● 64g carbs (20%) ● 18g fiber (6%)

Breakfast

200 cal, 7g protein, 23g net carbs, 8g fat



Sunflower seeds
90 cal



Pretzels
110 cal

Snacks

170 cal, 14g protein, 5g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

255 cal, 11g protein, 20g net carbs, 15g fat



Brown rice
86 cal



Basic tofu
4 oz- 171 cal

Dinner

380 cal, 29g protein, 14g net carbs, 19g fat



Basic tempeh
4 oz- 295 cal



Edamame & beet salad
86 cal

Day 4

1232 cal ● 114g protein (37%) ● 48g fat (35%) ● 69g carbs (22%) ● 18g fiber (6%)

Breakfast

200 cal, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cal



Pretzels

110 cal

Snacks

120 cal, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cal



String cheese

1 stick(s)- 83 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

255 cal, 11g protein, 20g net carbs, 15g fat



Brown rice

86 cal



Basic tofu

4 oz- 171 cal

Dinner

380 cal, 29g protein, 14g net carbs, 19g fat



Basic tempeh

4 oz- 295 cal



Edamame & beet salad

86 cal

Day 5

1298 cal ● 119g protein (37%) ● 37g fat (26%) ● 103g carbs (32%) ● 20g fiber (6%)

Breakfast

200 cal, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cal



Pretzels

110 cal

Snacks

120 cal, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cal



String cheese

1 stick(s)- 83 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

435 cal, 19g protein, 48g net carbs, 16g fat



Crispy chik'n tenders

4 tender(s)- 229 cal



Simple mixed greens salad

102 cal



Apple

1 apple(s)- 105 cal

Dinner

270 cal, 25g protein, 21g net carbs, 6g fat



Brown rice

86 cal



Vegan crumbles

1 1/4 cup(s)- 183 cal

Day 6

1236 cal ● 128g protein (41%) ● 40g fat (29%) ● 71g carbs (23%) ● 20g fiber (7%)

Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cal

Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)
1 clementine(s)- 39 cal



[Toast with butter](#)
1 slice(s)- 114 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cal

Lunch

385 cal, 25g protein, 25g net carbs, 18g fat



[Cottage cheese & fruit cup](#)
1 container- 107 cal



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cal

Dinner

270 cal, 25g protein, 21g net carbs, 6g fat



[Brown rice](#)
86 cal



[Vegan crumbles](#)
1 1/4 cup(s)- 183 cal

Day 7

1319 cal ● 116g protein (35%) ● 53g fat (36%) ● 76g carbs (23%) ● 19g fiber (6%)

Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cal

Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)
1 clementine(s)- 39 cal



[Toast with butter](#)
1 slice(s)- 114 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cal

Lunch

385 cal, 25g protein, 25g net carbs, 18g fat



[Cottage cheese & fruit cup](#)
1 container- 107 cal



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cal

Dinner

350 cal, 13g protein, 26g net carbs, 19g fat



[Sesame peanut zoodles](#)
294 cal



[Fruit juice](#)
1/2 cup(s)- 57 cal

Soups, Sauces, and Gravies

- salsa
4 tbsp (65g)
- apple cider vinegar
1 1/3 tbsp (1mL)

Snacks

- tortilla chips
1 oz (28g)
- pretzels, hard, salted
3 oz (85g)

Vegetables and Vegetable Products

- tomatoes
4 1/2 medium whole (2-3/5" dia) (568g)
- frozen corn kernels
1/3 cup (45g)
- ketchup
3 tbsp (51g)
- beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- edamame, frozen, shelled
1/2 cup (59g)
- onion
1/2 small (35g)
- bell pepper
1 small (74g)
- green onions
1 tbsp, sliced (8g)
- zucchini
1 medium (196g)

Finfish and Shellfish Products

- shrimp, raw
1/2 lbs (227g)

Legumes and Legume Products

- black beans
2/3 can (293g)
- tempeh
1/2 lbs (227g)
- firm tofu
1/2 lbs (227g)
- vegetarian burger crumbles
2 1/2 cup (250g)
- soy sauce
1 tbsp (15mL)

Fats and Oils

- oil
3 tbsp (47mL)
- balsamic vinaigrette
1 tbsp (15mL)
- salad dressing
2 1/4 tbsp (34mL)

Fruits and Fruit Juices

- lime juice
3 1/2 tsp (18mL)
- clementines
6 fruit (444g)
- apples
1 medium (3" dia) (182g)
- avocados
1/2 avocado(s) (101g)
- fruit juice
4 fl oz (120mL)

Beverages

- water
18 1/2 cup(s) (4385mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Baked Products

- bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- bread
4 slice (128g)

Dairy and Egg Products

- butter
1/4 stick (23g)
- eggs
13 large (650g)
- string cheese
2 stick (56g)

Other

- vegan chik'n nuggets
8 nuggets (172g)
- mixed greens
3 1/4 cup (98g)

- peanut butter
2 tbsp (32g)

Cereal Grains and Pasta

- brown rice
3/4 cup (137g)

Spices and Herbs

- chili powder
1/4 tbsp (2g)
- salt
3 dash (2g)
- black pepper
3 dash, ground (1g)
- garlic powder
4 dash (2g)

- meatless chik'n tenders
4 pieces (102g)
- cottage cheese & fruit cup
2 container (266g)
- coleslaw mix
1/2 cup (45g)

Nut and Seed Products

- sunflower kernels
1 1/2 oz (43g)
 - chia seeds
4 dash (2g)
 - sesame seeds
4 dash (2g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Medium toasted bagel with butter

1/2 bagel(s) - 196 cal ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.
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Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 3 meals:

sunflower kernels

1 1/2 oz (43g)

1. This recipe has no instructions.
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Pretzels

110 cal ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted

1 oz (28g)

For all 3 meals:

pretzels, hard, salted

3 oz (85g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Lunch 1 [↗](#)

Eat on day 1, day 2

Chik'n nuggets

4 nuggets - 221 cal ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

vegan chik'n nuggets
4 nuggets (86g)
ketchup
1 tbsp (17g)

For all 2 meals:

vegan chik'n nuggets
8 nuggets (172g)
ketchup
2 tbsp (34g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Lunch 2 [↗](#)

Eat on day 3, day 4

Brown rice

86 cal ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



For single meal:

brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
 2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
 3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
 4. Pour the rice into a strainer over the sink and drain for 10 seconds.
 5. Return the rice to the same pot, off the heat.
 6. Cover immediately and set aside for 10 minutes (this is the steaming part).
 7. Uncover, fluff with a fork, and season with salt and pepper.
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Basic tofu

4 oz - 171 cal ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

firm tofu
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

1. Slice tofu 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.
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Lunch 3 [↗](#)

Eat on day 5

Crispy chik'n tenders

4 tender(s) - 229 cal ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



Makes 4 tender(s)

ketchup

1 tbsp (17g)

meatless chik'n tenders

4 pieces (102g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

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

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
 3. Add in tomatoes. Mix.
 4. Put egg salad in between bread to form sandwich.
 5. Serve.
 6. (Note: You can store any leftover egg salad in the fridge for a day or two)
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Boiled eggs

2 egg(s) - 139 cal ● 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.
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Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.

Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Dinner 1 [↗](#)

Eat on day 1, day 2

Chips and salsa

82 cal ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

salsa
2 tbsp (32g)
tortilla chips
1/2 oz (14g)

For all 2 meals:

salsa
4 tbsp (65g)
tortilla chips
1 oz (28g)

1. Serve salsa with the tortilla chips.

Southwest shrimp & black bean bowl

369 cal ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



For single meal:

tomatoes, chopped
1/3 roma tomato (27g)
shrimp, raw, peeled and deveined
4 oz (113g)
black beans, rinsed and drained
1/3 can (146g)
frozen corn kernels
2 2/3 tbsp (23g)
brown rice
1 3/4 tbsp (21g)
chili powder
1/3 tsp (1g)
oil
1/4 tbsp (3mL)
lime juice
1 tsp (5mL)
apple cider vinegar
2/3 tbsp (0mL)

For all 2 meals:

tomatoes, chopped
2/3 roma tomato (53g)
shrimp, raw, peeled and deveined
1/2 lbs (227g)
black beans, rinsed and drained
2/3 can (293g)
frozen corn kernels
1/3 cup (45g)
brown rice
1/4 cup (42g)
chili powder
1/4 tbsp (2g)
oil
1/2 tbsp (7mL)
lime juice
2 tsp (10mL)
apple cider vinegar
1 1/3 tbsp (1mL)

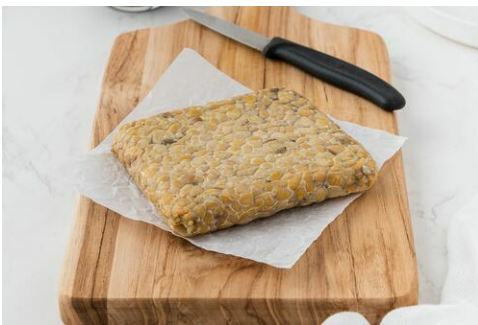
1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Basic tempeh

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



For single meal:

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

For all 2 meals:

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

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.

Edamame & beet salad

86 cal ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
edamame, frozen, shelled
4 tbsp (30g)
mixed greens
1/2 cup (15g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Brown rice

86 cal ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



For single meal:

brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

Vegan crumbles

1 1/4 cup(s) - 183 cal ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

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

Dinner 4 [↗](#)

Eat on day 7

Sesame peanut zoodles

294 cal ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



chia seeds

4 dash (2g)

lime juice

1/2 tbsp (8mL)

green onions

1 tbsp, sliced (8g)

sesame seeds

4 dash (2g)

soy sauce

1 tbsp (15mL)

peanut butter

2 tbsp (32g)

coleslaw mix

1/2 cup (45g)

zucchini, spiralized

1 medium (196g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

fruit juice

4 fl oz (120mL)

1. This recipe has no instructions.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (593mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4148mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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