Meal Plan - 1200 calorie pescetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1173 cals 93g protein (32%) 41g fat (31%) 72g carbs (25%) 37g fiber (13%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat

Breakfast cereal
97 cals

Boiled eggs
1 egg(s)- 69 cals

Lunch

415 cals, 20g protein, 46g net carbs, 6g fat

Black bean & sweet potato stew
415 cals

Dinner

430 cals, 27g protein, 10g net carbs, 27g fat

Buttered broccoli
1 cup(s)- 134 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 2

1203 cals 92g protein (31%) 40g fat (30%) 84g carbs (28%) 35g fiber (12%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat

Breakfast cereal
97 cals

Boiled eggs
1 egg(s)- 69 cals

Lunch

415 cals, 20g protein, 46g net carbs, 6g fat

Black bean & sweet potato stew
415 cals

Dinner

460 cals, 26g protein, 22g net carbs, 26g fat

Cottage cheese & fruit cup
1 container- 107 cals

Salsa verde tofu salad
353 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 3

1180 cals ● 100g protein (34%) ● 32g fat (24%) ● 103g carbs (35%) ● 21g fiber (7%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat

Breakfast cereal
97 cals

Boiled eggs
1 egg(s)- 69 cals

Lunch

435 cals, 25g protein, 44g net carbs, 13g fat

Bean & tofu goulash
437 cals

Dinner

415 cals, 30g protein, 44g net carbs, 11g fat

Teriyaki seitan with veggies and rice
338 cals

Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 4

1231 cals ● 109g protein (35%) ● 33g fat (24%) ● 103g carbs (34%) ● 20g fiber (7%)

Breakfast

215 cals, 18g protein, 14g net carbs, 9g fat

Cottage cheese & fruit cup
1 container- 107 cals

Scrambled eggs with kale, tomatoes, rosemary
110 cals

Lunch

435 cals, 25g protein, 44g net carbs, 13g fat

Bean & tofu goulash
437 cals

Dinner

415 cals, 30g protein, 44g net carbs, 11g fat

Teriyaki seitan with veggies and rice
338 cals

Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 5

1175 cals ● 101g protein (35%) ● 53g fat (41%) ● 56g carbs (19%) ● 16g fiber (5%)

Breakfast

215 cals, 18g protein, 14g net carbs, 9g fat

Cottage cheese & fruit cup
1 container- 107 cals

Scrambled eggs with kale, tomatoes, rosemary
110 cals

Lunch

395 cals, 19g protein, 19g net carbs, 25g fat

Broccoli
1 1/2 cup(s)- 44 cals

Baked fries
97 cals

Basic tofu
6 oz- 257 cals

Dinner

400 cals, 28g protein, 22g net carbs, 19g fat

Mashed sweet potatoes
92 cals

Buttered broccoli
1 1/4 cup(s)- 167 cals

Cajun cod
4 1/2 oz- 140 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 6

1189 cals ● 100g protein (34%) ● 58g fat (44%) ● 51g carbs (17%) ● 16g fiber (5%)

Breakfast

230 cals, 17g protein, 9g net carbs, 14g fat

Veggie mason jar omelet
1 jar(s)- 155 cals

Milk
1/2 cup(s)- 75 cals

Lunch

395 cals, 19g protein, 19g net carbs, 25g fat

Broccoli
1 1/2 cup(s)- 44 cals

Baked fries
97 cals

Basic tofu
6 oz- 257 cals

Dinner

400 cals, 28g protein, 22g net carbs, 19g fat

Mashed sweet potatoes
92 cals

Buttered broccoli
1 1/4 cup(s)- 167 cals

Cajun cod
4 1/2 oz- 140 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 7

1201 cals 96g protein (32%) 34g fat (25%) 109g carbs (36%) 20g fiber (6%)

Breakfast

230 cals, 17g protein, 9g net carbs, 14g fat

Veggie mason jar omelet
1 jar(s)- 155 cals

Milk
1/2 cup(s)- 75 cals

Lunch

445 cals, 32g protein, 47g net carbs, 10g fat

Easy chickpea salad
234 cals

Cottage cheese & fruit cup
2 container- 213 cals

Dinner

360 cals, 10g protein, 51g net carbs, 10g fat

Belizean rice & beans
362 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Grocery List

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Beverages

- [ ] water
  13 cup (3072mL)
- [ ] protein powder
  10 1/2 scoop (1/3 cup ea) (326g)

Spices and Herbs

- [ ] black pepper
  1/4 tsp (0g)
- [ ] salt
  1/4 tsp (1g)
- [ ] ground cumin
  2 tsp (4g)
- [ ] fresh thyme
  4 dash (0g)
- [ ] paprika
  1 tbsp (7g)
- [ ] balsamic vinegar
  1/2 fluid ounce (12mL)
- [ ] rosemary
  2 dash (0g)
- [ ] cajun seasoning
  1 tbsp (7g)

Vegetables and Vegetable Products

- [ ] frozen broccoli
  6 1/2 cup (592g)
- [ ] tomato paste
  4 tsp (21g)
- [ ] kale leaves
  2 cup, chopped (80g)
- [ ] garlic
  3 clove(s) (9g)
- [ ] onion
  2 medium (2-1/2" dia) (223g)
- [ ] sweet potatoes
  1 2/3 sweetpotato, 5" long (350g)
- [ ] tomatoes
  2 1/4 medium whole (2-3/5" dia) (279g)
- [ ] frozen mixed veggies
  1/2 package (10 oz ea) (144g)
- [ ] potatoes
  1/2 large (3" to 4-1/4" dia.) (185g)
- [ ] bell pepper
  1 small (74g)
- [ ] fresh parsley
  1 1/2 sprigs (2g)
- [ ] red bell pepper
  1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

Fats and Oils

- [ ] oil
  3 oz (93mL)
- [ ] salad dressing
  3 tbsp (45mL)

Legumes and Legume Products

- [ ] tempeh
  4 oz (113g)
- [ ] black beans
  1 1/2 can(s) (615g)
- [ ] firm tofu
  1 1/2 lbs (623g)
- [ ] white beans, canned
  1 can(s) (439g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] kidney beans
  1/4 can (112g)

Fruits and Fruit Juices

- [ ] lemon juice
  2 tsp (10mL)
- [ ] avocados
  2 slices (50g)

Breakfast Cereals

- [ ] breakfast cereal
  1 1/2 serving (45g)

Other

- [ ] cottage cheese & fruit cup
  5 container (665g)
- [ ] mixed greens
  4 1/2 cup (135g)
- [ ] teriyaki sauce
  2 3/4 tbsp (41mL)

Soups, Sauces, and Gravies

- [ ] salsa verde
  1 tbsp (16g)
- [ ] apple cider vinegar
  1/2 tbsp (0mL)

Nut and Seed Products

Dairy and Egg Products

- [ ] butter
  1/4 cup (50g)
- [ ] whole milk
  1 3/4 cup (420mL)
- [ ] eggs
  10 1/2 medium (462g)
- [ ] roasted pumpkin seeds, unsalted
  2 tbsp (15g)
- [ ] coconut milk, canned
  3 tbsp (46mL)

Cereal Grains and Pasta

- [ ] seitan
  6 oz (170g)
- [ ] long-grain white rice
  1/2 cup (93g)

Finfish and Shellfish Products

- [ ] cod, raw
  1/2 lbs (255g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Breakfast cereal

97 cals 3g protein 3g fat 14g carbs 1g fiber

For single meal:

breakfast cereal
1/2 serving (15g)
whole milk
4 tbsp (60mL)

For all 3 meals:

breakfast cereal
1 1/2 serving (45g)
whole milk
3/4 cup (180mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Boiled eggs

1 egg(s) - 69 cals 6g protein 5g fat 0g carbs 0g fiber

For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Breakfast 2

Eat on day 4, day 5

Cottage cheese & fruit cup

1 container - 107 cals 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.

Scrambled eggs with kale, tomatoes, rosemary

110 cals 8g protein 7g fat 3g carbs 1g fiber

For single meal:

water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 extra large (56g)
kale leaves
1/2 cup, chopped (20g)
oil
1/4 tsp (1mL)

For all 2 meals:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3

Eat on day 6, day 7

Veggie mason jar omelet

1 jar(s) - 155 cals 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.

Milk

1/2 cup(s) - 75 cals 4g protein 4g fat 6g carbs 0g fiber

For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Lunch 1

Eat on day 1, day 2

Black bean & sweet potato stew

415 cals 20g protein 6g fat 46g carbs 24g fiber

For single meal:

tomato paste
2 tsp (11g)
oil
1 tsp (5mL)
kale leaves
1/2 cup, chopped (20g)
lemon juice
1 tsp (5mL)
ground cumin
4 dash (1g)
garlic, diced
2/3 clove(s) (2g)
onion, chopped
1/3 small (23g)
sweet potatoes, cubed
1/3 sweetpotato, 5" long (70g)
water
1 cup(s) (237mL)
black beans, drained
2/3 can(s) (293g)

For all 2 meals:

tomato paste
4 tsp (21g)
oil
2 tsp (10mL)
kale leaves
1 cup, chopped (40g)
lemon juice
2 tsp (10mL)
ground cumin
1 tsp (2g)
garlic, diced
1 1/3 clove(s) (4g)
onion, chopped
2/3 small (47g)
sweet potatoes, cubed
2/3 sweetpotato, 5" long (140g)
water
2 cup(s) (474mL)
black beans, drained
1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Lunch 2

Eat on day 3, day 4

Bean & tofu goulash

437 cals 25g protein 13g fat 44g carbs 13g fiber

For single meal:

fresh thyme
2 dash (0g)
paprika
1/2 tbsp (3g)
oil
1/2 tbsp (8mL)
garlic, minced
1/2 clove (2g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
firm tofu, drained and diced
1/4 lbs (99g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)

For all 2 meals:

fresh thyme
4 dash (0g)
paprika
1 tbsp (7g)
oil
1 tbsp (15mL)
garlic, minced
1 clove (3g)
onion, diced
1 medium (2-1/2" dia) (110g)
firm tofu, drained and diced
1/2 lbs (198g)
white beans, canned, drained & rinsed
1 can(s) (439g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Lunch 3

Eat on day 5, day 6

Broccoli

1 1/2 cup(s) - 44 cals 4g protein 0g fat 3g carbs 4g fiber

For single meal:

frozen broccoli
1 1/2 cup (137g)

For all 2 meals:

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Baked fries

97 cals 2g protein 4g fat 12g carbs 2g fiber

For single meal:

oil
1/4 tbsp (4mL)
potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

For all 2 meals:

oil
1/2 tbsp (8mL)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

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.

Basic tofu

6 oz - 257 cals 13g protein 21g fat 4g carbs 0g fiber

For single meal:

firm tofu
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

firm tofu
3/4 lbs (340g)
oil
2 tbsp (30mL)

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.

Lunch 4

Eat on day 7

Easy chickpea salad

234 cals 12g protein 5g fat 25g carbs 11g fiber

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

Cottage cheese & fruit cup

2 container - 213 cals 20g protein 5g fat 22g carbs 0g fiber

Makes 2 container

cottage cheese & fruit cup
2 container (266g)

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

Dinner 1

Eat on day 1

Buttered broccoli

1 cup(s) - 134 cals 3g protein 12g fat 2g carbs 3g fiber

Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic tempeh

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

Makes 4 oz

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

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.

Dinner 2

Eat on day 2

Cottage cheese & fruit cup

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

Makes 1 container

cottage cheese & fruit cup
1 container (133g)

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

Salsa verde tofu salad

353 cals 16g protein 24g fat 11g carbs 8g fiber

tomatoes, chopped
1/2 roma tomato (40g)
salsa verde
1 tbsp (16g)
ground cumin
1 tsp (2g)
black beans, drained and rinsed
2 tbsp (30g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
avocados, sliced
2 slices (50g)
mixed greens
1 1/2 cup (45g)
oil
1 tsp (5mL)
firm tofu
1 slice(s) (84g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 3

Eat on day 3, day 4

Teriyaki seitan with veggies and rice

338 cals 28g protein 6g fat 39g carbs 4g fiber

For single meal:

seitan, cut into strips
3 oz (85g)
oil
1/4 tbsp (4mL)
teriyaki sauce
4 tsp (20mL)
frozen mixed veggies
1/4 package (10 oz ea) (72g)
long-grain white rice
2 tbsp (23g)

For all 2 meals:

seitan, cut into strips
6 oz (170g)
oil
1/2 tbsp (8mL)
teriyaki sauce
2 2/3 tbsp (40mL)
frozen mixed veggies
1/2 package (10 oz ea) (144g)
long-grain white rice
4 tbsp (46g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Simple mixed greens and tomato salad

76 cals 2g protein 5g fat 5g carbs 2g fiber

For single meal:

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

For all 2 meals:

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.

Dinner 4

Eat on day 5, day 6

Mashed sweet potatoes

92 cals 2g protein 0g fat 18g carbs 3g fiber

For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)

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.

Buttered broccoli

1 1/4 cup(s) - 167 cals 4g protein 14g fat 2g carbs 3g fiber

For single meal:

black pepper
5/8 dash (0g)
salt
5/8 dash (0g)
frozen broccoli
1 1/4 cup (114g)
butter
1 1/4 tbsp (18g)

For all 2 meals:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
butter
2 1/2 tbsp (36g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Cajun cod

4 1/2 oz - 140 cals 23g protein 5g fat 2g carbs 0g fiber

For single meal:

cod, raw
1/4 lbs (128g)
cajun seasoning
1/2 tbsp (3g)
oil
1/4 tbsp (4mL)

For all 2 meals:

cod, raw
1/2 lbs (255g)
cajun seasoning
1 tbsp (7g)
oil
1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Dinner 5

Eat on day 7

Belizean rice & beans

362 cals 10g protein 10g fat 51g carbs 6g fiber

garlic, minced
3/4 clove(s) (2g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
long-grain white rice
4 tbsp (46g)
water
1/6 cup(s) (44mL)
kidney beans, drained
1/4 can (112g)
coconut milk, canned
3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Protein Supplement(s)

Eat every day

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.