

# Meal Plan - 1300 calorie intermittent fasting vegan 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

1274 cals ● 95g protein (30%) ● 55g fat (39%) ● 77g carbs (24%) ● 22g fiber (7%)

### Lunch

430 cals, 11g protein, 38g net carbs, 21g fat



[Almond yogurt](#)

1 container(s)- 191 cals



[Vegan bbq jackfruit sandwich](#)

1/2 sandwich(es)- 129 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

625 cals, 36g protein, 37g net carbs, 33g fat



[Vegan buttery garlic green beans](#)

121 cals



[Lemon pepper tofu](#)

14 oz- 504 cals

## Day 2

1291 cals ● 105g protein (33%) ● 33g fat (23%) ● 126g carbs (39%) ● 16g fiber (5%)

### Lunch

560 cals, 31g protein, 74g net carbs, 12g fat



[Rice pilaf with meatless meatballs](#)

558 cals

### Dinner

515 cals, 26g protein, 51g net carbs, 21g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Crispy chik'n tenders](#)

5 tender(s)- 286 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 3

1268 cal ● 95g protein (30%) ● 44g fat (31%) ● 99g carbs (31%) ● 24g fiber (8%)

### Lunch

535 cal, 21g protein, 46g net carbs, 22g fat



**Walnuts**  
1/8 cup(s)- 87 cal



**Edamame & beet salad**  
342 cal



**Apple**  
1 apple(s)- 105 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

515 cal, 26g protein, 51g net carbs, 21g fat



**Grapefruit**  
1 grapefruit- 119 cal



**Crispy chik'n tenders**  
5 tender(s)- 286 cal



**Roasted almonds**  
1/8 cup(s)- 111 cal

## Day 4

1312 cal ● 107g protein (32%) ● 55g fat (38%) ● 64g carbs (19%) ● 34g fiber (10%)

### Lunch

535 cal, 21g protein, 46g net carbs, 22g fat



**Walnuts**  
1/8 cup(s)- 87 cal



**Edamame & beet salad**  
342 cal



**Apple**  
1 apple(s)- 105 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

560 cal, 38g protein, 15g net carbs, 32g fat



**Basic tempeh**  
6 oz- 443 cal



**Tomato and avocado salad**  
117 cal

## Day 5

1264 cal ● 107g protein (34%) ● 54g fat (39%) ● 64g carbs (20%) ● 23g fiber (7%)

### Lunch

495 cal, 24g protein, 43g net carbs, 23g fat



**Simple mixed greens salad**  
271 cal



**Teriyaki seitan with veggies and rice**  
226 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Dinner

550 cal, 35g protein, 19g net carbs, 30g fat



**Simple kale & avocado salad**  
115 cal



**Peanut tempeh**  
4 oz tempeh- 434 cal

## Day 6

1264 cal ● 107g protein (34%) ● 54g fat (39%) ● 64g carbs (20%) ● 23g fiber (7%)

### Lunch

495 cal, 24g protein, 43g net carbs, 23g fat



Simple mixed greens salad  
271 cal



Teriyaki seitan with veggies and rice  
226 cal

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cal

### Dinner

550 cal, 35g protein, 19g net carbs, 30g fat



Simple kale & avocado salad  
115 cal



Peanut tempeh  
4 oz tempeh- 434 cal

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## Day 7

1325 cal ● 90g protein (27%) ● 55g fat (38%) ● 82g carbs (25%) ● 35g fiber (10%)

### Lunch

520 cal, 17g protein, 54g net carbs, 17g fat



Tomato and avocado salad  
117 cal



Layered vegetable enchilada (vegan)  
402 cal

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cal

### Dinner

590 cal, 25g protein, 26g net carbs, 37g fat



Sesame peanut zoodles  
588 cal

## Other

- almond yogurt, flavored  
1 container (150g)
- coleslaw mix  
1 1/4 cup (113g)
- vegan butter  
1 1/4 tbsp (18g)
- meatless chik'n tenders  
10 pieces (255g)
- snow peas  
1/6 cup (16g)
- vegan meatballs, frozen  
4 1/2 meatball(s) (135g)
- mixed greens  
16 cup (480g)
- nutritional yeast  
1 tbsp (4g)
- teriyaki sauce  
1 3/4 tbsp (26mL)
- vegan cheese, shredded  
3 tbsp (21g)

## Spices and Herbs

- dijon mustard  
2 dash (1g)
- lemon pepper  
1 1/2 g (1g)
- salt  
1/2 tsp (3g)
- garlic powder  
2 dash (1g)
- black pepper  
2 dash, ground (1g)
- chili powder  
1 tsp (3g)

## Fruits and Fruit Juices

- lemon juice  
1/2 fl oz (17mL)
- jackfruit  
2 1/4 oz (64g)
- lemon  
1 1/2 small (87g)
- Grapefruit  
2 large (approx 4-1/2" dia) (664g)
- apples  
2 medium (3" dia) (364g)
- lime juice  
2 3/4 tbsp (41mL)

## Vegetables and Vegetable Products

- garlic  
2 clove(s) (6g)
- fresh green beans  
10 oz (283g)
- ketchup  
2 1/2 tbsp (43g)
- tomatoes  
1 1/3 medium whole (2-3/5" dia) (161g)
- beets, precooked (canned or refrigerated)  
8 beets (2" dia, sphere) (400g)
- edamame, frozen, shelled  
2 cup (236g)
- onion  
1 tbsp minced (15g)
- kale leaves  
1/2 bunch (85g)
- frozen mixed veggies  
1/3 package (10 oz ea) (96g)
- frozen chopped spinach  
2 oz (57g)
- red bell pepper  
4 tbsp, chopped (37g)
- whole kernel corn  
1/2 cup (82g)
- green onions  
2 tbsp, sliced (16g)
- zucchini  
2 medium (392g)

## Fats and Oils

- oil  
1 oz (34mL)
- balsamic vinaigrette  
4 tbsp (60mL)
- olive oil  
1/4 tbsp (4mL)
- salad dressing  
3/4 cup (180mL)

## Cereal Grains and Pasta

- cornstarch  
2 tbsp (16g)
- seitan  
4 oz (113g)
- long-grain white rice  
2 3/4 tbsp (31g)

## Legumes and Legume Products

- avocados  
1 avocado(s) (201g)

### **Baked Products**

- hamburger buns  
1/2 bun (26g)
- corn tortilla  
2 tortilla, medium (approx 6" dia) (52g)

### **Soups, Sauces, and Gravies**

- barbecue sauce  
1 tbsp (17g)

### **Nut and Seed Products**

- almonds  
6 tbsp, whole (54g)
- walnuts  
4 tbsp shelled (50 halves) (25g)
- chia seeds  
1 tsp (5g)
- sesame seeds  
1 tsp (3g)

- firm tofu  
14 oz (397g)
- tempeh  
14 oz (397g)
- soy sauce  
1 2/3 oz (40mL)
- peanut butter  
1/4 lbs (129g)
- black beans  
1/4 can (110g)

### **Beverages**

- water  
14 cup(s) (3318mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

### **Meals, Entrees, and Side Dishes**

- flavored rice mix  
3/8 box (8 oz) (85g)
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## Lunch 1 [↗](#)

Eat on day 1

### Almond yogurt

1 container(s) - 191 cal ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



Makes 1 container(s)

**almond yogurt, flavored**  
1 container (150g)

1. This recipe has no instructions.

### Vegan bbq jackfruit sandwich

1/2 sandwich(es) - 129 cal ● 2g protein ● 1g fat ● 22g carbs ● 6g fiber



Makes 1/2 sandwich(es)

**dijon mustard**  
2 dash (1g)  
**lemon juice**  
1/2 tsp (3mL)  
**coleslaw mix**  
4 tbsp (23g)  
**jackfruit**  
2 1/4 oz (64g)  
**hamburger buns**  
1/2 bun (26g)  
**barbecue sauce**  
1 tbsp (17g)

1. In a small bowl, mix together the lemon juice, and mustard until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
2. Warm jackfruit up according to package instructions. Add jackfruit to a bowl and mix with the barbecue sauce.
3. Place bbq jackfruit and slaw between each bun and serve.

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

**almonds**  
2 tbsp, whole (18g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2

### Rice pilaf with meatless meatballs

558 cals ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



**snow peas, ends trimmed**

1/6 cup (16g)

**tomatoes**

4 1/2 cherry tomatoes (77g)

**vegan meatballs, frozen**

4 1/2 meatball(s) (135g)

**flavored rice mix**

3/8 box (8 oz) (85g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**

2 tbsp shelled (50 halves) (13g)

For all 2 meals:

**walnuts**

4 tbsp shelled (50 halves) (25g)

1. This recipe has no instructions.

### Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

- balsamic vinaigrette**  
2 tbsp (30mL)
- beets, precooked (canned or refrigerated), chopped**  
4 beets (2" dia, sphere) (200g)
- edamame, frozen, shelled**  
1 cup (118g)
- mixed greens**  
2 cup (60g)

For all 2 meals:

- balsamic vinaigrette**  
4 tbsp (60mL)
- beets, precooked (canned or refrigerated), chopped**  
8 beets (2" dia, sphere) (400g)
- edamame, frozen, shelled**  
2 cup (236g)
- mixed greens**  
4 cup (120g)

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

## Apple

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



For single meal:

- apples**  
1 medium (3" dia) (182g)

For all 2 meals:

- apples**  
2 medium (3" dia) (364g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Simple mixed greens salad

271 cal ● 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.

### Teriyaki seitan with veggies and rice

226 cal ● 19g protein ● 4g fat ● 26g carbs ● 2g fiber





For single meal:

**seitan, cut into strips**  
2 oz (57g)  
**oil**  
1/2 tsp (3mL)  
**teriyaki sauce**  
2 2/3 tsp (13mL)  
**frozen mixed veggies**  
1/6 package (10 oz ea) (48g)  
**long-grain white rice**  
4 tsp (15g)

For all 2 meals:

**seitan, cut into strips**  
4 oz (113g)  
**oil**  
1 tsp (5mL)  
**teriyaki sauce**  
1 3/4 tbsp (27mL)  
**frozen mixed veggies**  
1/3 package (10 oz ea) (96g)  
**long-grain white rice**  
2 2/3 tbsp (31g)

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.

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## Lunch 5 [↗](#)

Eat on day 7

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### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

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.

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### Layered vegetable enchilada (vegan)

402 cal ● 15g protein ● 8g fat ● 51g carbs ● 16g fiber



**tomatoes, chopped**

1/4 small whole (2-2/5" dia) (23g)

**corn tortilla**

2 tortilla, medium (approx 6" dia) (52g)

**frozen chopped spinach, thawed**

2 oz (57g)

**chili powder**

1 tsp (3g)

**red bell pepper, chopped**

4 tbsp, chopped (37g)

**whole kernel corn, drained**

1/2 cup (82g)

**black beans, drained**

1/4 can (110g)

**vegan cheese, shredded**

3 tbsp (21g)

**lime juice**

3/4 tbsp (11mL)

1. Preheat the oven to 400°F (200°C).
  2. In a large pot, combine corn, bell peppers, 2/3rds of the lime juice, 75% of the chili powder, tomatoes and spinach and cook over medium-high heat until liquid is almost evaporated, about 10 minutes.
  3. Meanwhile, in a large bowl, mash beans and the remaining chili powder and lime juice.
  4. Arrange half of the tortillas on a large parchment paper-lined baking sheet. Spread bean mixture evenly on tortillas. Top each with an even amount of the vegetable mixture and some cheese. Top with remaining tortillas, vegetables and cheese and bake until hot throughout and cheese is melted, about 15 minutes.
  5. Serve with extra lime wedges to garnish.
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## Dinner 1 [↗](#)

Eat on day 1

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### Vegan buttery garlic green beans

121 cal ● 6g protein ● 1g fat ● 14g carbs ● 8g fiber



**vegan butter**

1 1/4 tbsp (18g)

**garlic, minced**

2 clove(s) (6g)

**fresh green beans, trimmed, snapped in half**

10 oz (283g)

**lemon pepper**

2 dash (0g)

**salt**

1/3 tsp (2g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

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### Lemon pepper tofu

14 oz - 504 cal ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

**lemon pepper**

4 dash (1g)

**oil**

1 tbsp (15mL)

**cornstarch**

2 tbsp (16g)

**lemon, zested**

1 small (58g)

**firm tofu, patted dry & cubed**

14 oz (397g)

1. Preheat oven to 450°F (220°C).
  2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
  3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

#### **Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

#### **Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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### Crispy chik'n tenders

5 tender(s) - 286 cal ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



For single meal:

#### **ketchup**

1 1/4 tbsp (21g)

#### **meatless chik'n tenders**

5 pieces (128g)

For all 2 meals:

#### **ketchup**

2 1/2 tbsp (43g)

#### **meatless chik'n tenders**

10 pieces (255g)

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

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

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

Eat on day 4

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

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.

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### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

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.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

**nutritional yeast**  
1/2 tbsp (2g)  
**soy sauce**  
1 tsp (5mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**peanut butter**  
2 tbsp (32g)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**nutritional yeast**  
1 tbsp (4g)  
**soy sauce**  
2 tsp (10mL)  
**lemon juice**  
1 tbsp (15mL)  
**peanut butter**  
4 tbsp (65g)  
**tempeh**  
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
  2. Cut tempeh into nugget-shaped slices.
  3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
  4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
  5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
  6. Drizzle extra sauce on top and serve.
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## Dinner 5 [↗](#)

Eat on day 7

### Sesame peanut zoodles

588 cal ● 25g protein ● 37g fat ● 26g carbs ● 12g fiber



**chia seeds**  
1 tsp (5g)  
**lime juice**  
1 tbsp (15mL)  
**green onions**  
2 tbsp, sliced (16g)  
**sesame seeds**  
1 tsp (3g)  
**soy sauce**  
2 tbsp (30mL)  
**peanut butter**  
4 tbsp (64g)  
**coleslaw mix**  
1 cup (90g)  
**zucchini, spiralized**  
2 medium (392g)

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.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 scoop - 218 cal ● 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.