

# Meal Plan - 3100 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** 3072 cals ● 253g protein (33%) ● 136g fat (40%) ● 147g carbs (19%) ● 62g fiber (8%)

## Lunch

1195 cals, 72g protein, 89g net carbs, 49g fat



**Quinoa**  
1 1/2 cup quinoa, cooked- 313 cals



**Roasted tofu & veggies**  
880 cals

## Dinner

1500 cals, 97g protein, 55g net carbs, 85g fat



**Vegan sausage**  
3 sausage(s)- 804 cals



**Avocado**  
176 cals



**Simple kale & avocado salad**  
518 cals

## Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

**Day 2** 3065 cals ● 222g protein (29%) ● 102g fat (30%) ● 245g carbs (32%) ● 71g fiber (9%)

## Lunch

1355 cals, 70g protein, 204g net carbs, 14g fat



**Naan bread**  
2 piece(s)- 524 cals



**Lentil and veggie soup**  
833 cals

## Dinner

1325 cals, 67g protein, 38g net carbs, 86g fat



**Buffalo tempeh with vegan ranch**  
981 cals



**Simple kale & avocado salad**  
345 cals

## Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 3

3053 cals ● 234g protein (31%) ● 82g fat (24%) ● 289g carbs (38%) ● 55g fiber (7%)

### Lunch

1355 cals, 70g protein, 204g net carbs, 14g fat



**Naan bread**  
2 piece(s)- 524 cals



**Lentil and veggie soup**  
833 cals

### Dinner

1315 cals, 80g protein, 82g net carbs, 66g fat



**Soy milk**  
3 3/4 cup(s)- 318 cals



**Sunflower seeds**  
226 cals



**Chik'n nuggets**  
14 nuggets- 772 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 4

3109 cals ● 246g protein (32%) ● 142g fat (41%) ● 180g carbs (23%) ● 31g fiber (4%)

### Lunch

1415 cals, 82g protein, 95g net carbs, 74g fat



**Simple kale & avocado salad**  
115 cals



**Crispy chik'n tenders**  
16 tender(s)- 914 cals



**Roasted peanuts**  
3/8 cup(s)- 383 cals

### Dinner

1315 cals, 80g protein, 82g net carbs, 66g fat



**Soy milk**  
3 3/4 cup(s)- 318 cals



**Sunflower seeds**  
226 cals



**Chik'n nuggets**  
14 nuggets- 772 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 5

3080 cals ● 195g protein (25%) ● 141g fat (41%) ● 213g carbs (28%) ● 47g fiber (6%)

### Lunch

1375 cals, 47g protein, 106g net carbs, 76g fat



**Curried lentils**  
1205 cals



**Sauteed garlic & herb tomatoes**  
170 cals

### Dinner

1325 cals, 63g protein, 103g net carbs, 63g fat



**Tofu lo-mein**  
1241 cals



**Simple kale salad**  
1 1/2 cup(s)- 83 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 6

3049 cals ● 250g protein (33%) ● 99g fat (29%) ● 215g carbs (28%) ● 74g fiber (10%)

### Lunch

1345 cals, 103g protein, 109g net carbs, 35g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Bbq tempeh lettuce wrap**  
16 lettuce wrap(s)- 1316 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Dinner

1325 cals, 63g protein, 103g net carbs, 63g fat



**Tofu lo-mein**  
1241 cals



**Simple kale salad**  
1 1/2 cup(s)- 83 cals

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## Day 7

3146 cals ● 240g protein (31%) ● 94g fat (27%) ● 260g carbs (33%) ● 77g fiber (10%)

### Lunch

1345 cals, 103g protein, 109g net carbs, 35g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Bbq tempeh lettuce wrap**  
16 lettuce wrap(s)- 1316 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Dinner

1420 cals, 53g protein, 148g net carbs, 57g fat



**Ginger coconut chickpea soup**  
1028 cals



**Naan bread**  
1 1/2 piece(s)- 393 cals

## Cereal Grains and Pasta

- quinoa, uncooked  
1/2 cup (85g)

## Beverages

- water  
31 3/4 cup(s) (7614mL)
- protein powder  
24 1/2 scoop (1/3 cup ea) (760g)

## Legumes and Legume Products

- extra firm tofu  
3 lbs (1372g)
- tempeh  
2 1/2 lbs (1191g)
- lentils, raw  
3 cup (556g)
- roasted peanuts  
6 3/4 tbsp (61g)
- soy sauce  
2 tbsp (27mL)
- chickpeas, canned  
3/8 can (168g)

## Spices and Herbs

- salt  
1/2 tbsp (8g)
- black pepper  
1 tsp, ground (2g)
- turmeric, ground  
1 1/2 dash (1g)
- curry powder  
3/4 tbsp (5g)

## Vegetables and Vegetable Products

- brussels sprouts  
6 3/4 oz (189g)
- carrots  
4 1/2 medium (274g)
- broccoli  
13 1/4 tbsp chopped (76g)
- bell pepper  
2 1/2 large (395g)
- onion  
1 medium (2-1/2" dia) (102g)
- kale leaves  
1 1/3 lbs (601g)

## Fats and Oils

- olive oil  
6 1/3 tbsp (95mL)
- oil  
1 1/2 oz (49mL)
- salad dressing  
3 tbsp (45mL)

## Other

- vegan sausage  
3 sausage (300g)
- vegan ranch  
5 tbsp (74mL)
- nutritional yeast  
3 tbsp (11g)
- soy milk, unsweetened  
1/2 gallon (1800mL)
- vegan chik'n nuggets  
28 nuggets (602g)
- meatless chik'n tenders  
16 pieces (408g)
- curry paste  
5 tsp (25g)
- italian seasoning  
1 tsp (4g)
- coleslaw mix  
8 cup (720g)

## Fruits and Fruit Juices

- avocados  
2 1/2 avocado(s) (528g)
- lemon juice  
1/2 tsp (3mL)
- lemon  
2 small (123g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
5 tbsp (74mL)
- vegetable broth  
6 cup(s) (mL)
- oriental flavored ramen  
2 package with flavor packet (156g)
- barbecue sauce  
1 cup (272g)

## Baked Products

- garlic  
5 clove(s) (15g)
  - frozen mixed veggies  
3 lbs (1439g)
  - ketchup  
2/3 cup (187g)
  - tomatoes  
2/3 pint, cherry tomatoes (199g)
  - romaine lettuce  
32 leaf inner (192g)
  - fresh ginger  
3/8 slices (1" dia) (1g)
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- naan bread  
5 1/2 piece (495g)

### **Nut and Seed Products**

- sunflower kernels  
2 1/2 oz (71g)
- coconut milk, canned  
1 can (469mL)

## Lunch 1 [↗](#)

Eat on day 1

### Quinoa

1 1/2 cup quinoa, cooked - 313 cal ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

#### **quinoa, uncooked**

1/2 cup (85g)

#### **water**

1 cup(s) (239mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

### Roasted tofu & veggies

880 cal ● 60g protein ● 44g fat ● 41g carbs ● 21g fiber

**extra firm tofu**

1 2/3 block (540g)

**salt**

1/4 tbsp (5g)

**black pepper**

1/4 tbsp, ground (2g)

**brussels sprouts, cut in half**

6 2/3 oz (189g)

**carrots, cut as desired**

2 1/2 medium (152g)

**broccoli, cut as desired**

13 1/3 tbsp chopped (76g)

**bell pepper, sliced**

5/6 medium (99g)

**onion, thickly sliced**

3/8 medium (2-1/2" dia) (46g)

**olive oil**

5 tsp (25mL)

1. Preheat oven to 400 F (200 C).
  2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
  3. Cut tofu in one inch cubes.
  4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
  5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
  6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
  7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
  8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
  9. Remove all from oven and combine. Season with salt and pepper. Serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Naan bread

2 piece(s) - 524 cal ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**  
2 piece (180g)

For all 2 meals:

**naan bread**  
4 piece (360g)

1. This recipe has no instructions.
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### Lentil and veggie soup

833 cal ● 52g protein ● 4g fat ● 117g carbs ● 30g fiber



For single meal:

**lentils, raw**  
3/4 cup (144g)  
**vegetable broth**  
3 cup(s) (mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**nutritional yeast**  
1 1/2 tbsp (6g)  
**garlic**  
1 1/2 clove(s) (5g)  
**frozen mixed veggies**  
2 1/4 cup (304g)

For all 2 meals:

**lentils, raw**  
1 1/2 cup (288g)  
**vegetable broth**  
6 cup(s) (mL)  
**kale leaves**  
3 cup, chopped (120g)  
**nutritional yeast**  
3 tbsp (11g)  
**garlic**  
3 clove(s) (9g)  
**frozen mixed veggies**  
4 1/2 cup (608g)

1. Put all ingredients in a large pot and bring to a boil.
  2. Let cook for 15-20 minutes until lentils are soft.
  3. Season with salt and pepper to taste. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

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### Simple kale & avocado salad

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



**kale leaves, chopped**

1/4 bunch (43g)

**lemon, juiced**

1/4 small (15g)

**avocados, chopped**

1/4 avocado(s) (50g)

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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### Crispy chik'n tenders

16 tender(s) - 914 cals ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



Makes 16 tender(s)

**ketchup**

4 tbsp (68g)

**meatless chik'n tenders**

16 pieces (408g)

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

### Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

**roasted peanuts**

6 2/3 tbsp (61g)

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

Eat on day 5

### Curried lentils

1205 cal ● 45g protein ● 62g fat ● 100g carbs ● 17g fiber



#### lentils, raw

13 1/3 tbsp (160g)

#### water

1 2/3 cup(s) (399mL)

#### salt

1/4 tsp (1g)

#### coconut milk, canned

1 1/4 cup (300mL)

#### curry paste

5 tsp (25g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

### Sauteed garlic & herb tomatoes

170 cal ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



#### black pepper

2/3 dash, ground (0g)

#### olive oil

1 tbsp (15mL)

#### garlic, minced

2/3 clove(s) (2g)

#### tomatoes

2/3 pint, cherry tomatoes (199g)

#### italian seasoning

1 tsp (4g)

#### salt

1/3 tsp (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

#### carrots

1 medium (61g)

For all 2 meals:

#### carrots

2 medium (122g)

1. Cut carrots into strips and serve.

## Bbq tempeh lettuce wrap

16 lettuce wrap(s) - 1316 cal ● 102g protein ● 34g fat ● 104g carbs ● 46g fiber



For single meal:

**romaine lettuce**  
16 leaf inner (96g)  
**tempeh, cubed**  
1 lbs (454g)  
**barbecue sauce**  
1/2 cup (136g)  
**coleslaw mix**  
4 cup (360g)  
**oil**  
2 tsp (10mL)  
**bell pepper, deseeded and sliced**  
2 small (148g)

For all 2 meals:

**romaine lettuce**  
32 leaf inner (192g)  
**tempeh, cubed**  
2 lbs (907g)  
**barbecue sauce**  
1 cup (272g)  
**coleslaw mix**  
8 cup (720g)  
**oil**  
4 tsp (20mL)  
**bell pepper, deseeded and sliced**  
4 small (296g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

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## Dinner 1 [↗](#)

Eat on day 1

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### Vegan sausage

3 sausage(s) - 804 cal ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

**vegan sausage**  
3 sausage (300g)

1. Prepare according to package instructions.
2. Serve.

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Simple kale & avocado salad

518 cal ● 11g protein ● 34g fat ● 21g carbs ● 20g fiber



**kale leaves, chopped**  
1 bunch (191g)  
**lemon, juiced**  
1 small (65g)  
**avocados, chopped**  
1 avocado(s) (226g)

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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## Dinner 2 [↗](#)

Eat on day 2

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### Buffalo tempeh with vegan ranch

981 cal ● 60g protein ● 63g fat ● 24g carbs ● 20g fiber



**vegan ranch**  
5 tbsp (75mL)  
**tempeh, roughly chopped**  
10 oz (284g)  
**Frank's Red Hot sauce**  
5 tbsp (75mL)  
**oil**  
1 1/4 tbsp (19mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

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### Simple kale & avocado salad

345 cal ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



**kale leaves, chopped**  
3/4 bunch (128g)  
**lemon, juiced**  
3/4 small (44g)  
**avocados, chopped**  
3/4 avocado(s) (151g)

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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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Soy milk

3 3/4 cup(s) - 318 cal ● 26g protein ● 17g fat ● 8g carbs ● 8g fiber



For single meal:

**soy milk, unsweetened**  
1/4 gallon (900mL)

For all 2 meals:

**soy milk, unsweetened**  
1/2 gallon (1800mL)

1. This recipe has no instructions.
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### Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/4 oz (35g)

For all 2 meals:

**sunflower kernels**  
2 1/2 oz (71g)

1. This recipe has no instructions.
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### Chik'n nuggets

14 nuggets - 772 cal ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



For single meal:

**vegan chik'n nuggets**  
14 nuggets (301g)  
**ketchup**  
1/4 cup (60g)

For all 2 meals:

**vegan chik'n nuggets**  
28 nuggets (602g)  
**ketchup**  
1/2 cup (119g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Tofu lo-mein

1241 cal ● 61g protein ● 58g fat ● 96g carbs ● 23g fiber



For single meal:

**frozen mixed veggies**

1 lbs (416g)

**olive oil**

2 tbsp (28mL)

**water**

1 1/2 cup(s) (329mL)

**soy sauce**

1 tbsp (14mL)

**oriental flavored ramen**

1 package with flavor packet (78g)

**extra firm tofu**

1 lbs (416g)

For all 2 meals:

**frozen mixed veggies**

2 lbs (832g)

**olive oil**

1/4 cup (55mL)

**water**

2 3/4 cup(s) (659mL)

**soy sauce**

2 tbsp (28mL)

**oriental flavored ramen**

2 package with flavor packet (156g)

**extra firm tofu**

2 lbs (832g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

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### Simple kale salad

1 1/2 cup(s) - 83 cal ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

**salad dressing**

1 1/2 tbsp (23mL)

**kale leaves**

1 1/2 cup, chopped (60g)

For all 2 meals:

**salad dressing**

3 tbsp (45mL)

**kale leaves**

3 cup, chopped (120g)

1. Toss kale in dressing of your choice and serve.
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## Dinner 5 [↗](#)

Eat on day 7

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### Ginger coconut chickpea soup

1028 cal ● 40g protein ● 50g fat ● 83g carbs ● 23g fiber



**turmeric, ground**

1 1/2 dash (1g)

**water**

2 cup(s) (449mL)

**lentils, raw, rinsed**

1/2 cup (108g)

**coconut milk, canned**

3/8 can (169mL)

**chickpeas, canned, drained**

3/8 can (168g)

**curry powder**

3/4 tbsp (5g)

**fresh ginger, diced**

3/8 slices (1" dia) (1g)

**garlic, diced**

1 1/2 clove(s) (5g)

**onion, diced**

3/8 large (56g)

**oil**

3/4 tbsp (11mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

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### Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

**naan bread**

1 1/2 piece (135g)



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

Eat every day

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### Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**water**

3 1/2 cup(s) (838mL)

**protein powder**

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

**water**

24 1/2 cup(s) (5868mL)

**protein powder**

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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