

Meal Plan - 1700 calorie high protein 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

1668 cals ● 148g protein (35%) ● 28g fat (15%) ● 170g carbs (41%) ● 37g fiber (9%)

Breakfast

265 cals, 10g protein, 39g net carbs, 7g fat



[Soy milk yogurt](#)

1 container- 136 cals



[Small toasted bagel with vegan cream cheese](#)

1/2 bagel(s)- 130 cals

Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals



[Soy milk](#)

1/2 cup(s)- 42 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Lunch

560 cals, 29g protein, 67g net carbs, 13g fat



[Protein bar](#)

1 bar- 245 cals



[Vegan smashed chickpea sandwich](#)

1/2 sandwich(es)- 203 cals



[Pear](#)

1 pear(s)- 113 cals

Dinner

250 cals, 16g protein, 30g net carbs, 2g fat



[Lentil pasta](#)

252 cals

Day 2

1754 cals ● 159g protein (36%) ● 32g fat (17%) ● 178g carbs (41%) ● 28g fiber (6%)

Breakfast

265 cals, 10g protein, 39g net carbs, 7g fat



Soy milk yogurt

1 container- 136 cals



Small toasted bagel with vegan cream cheese

1/2 bagel(s)- 130 cals

Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



Instant oatmeal with water

1 packet(s)- 165 cals



Soy milk

1/2 cup(s)- 42 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

560 cals, 29g protein, 67g net carbs, 13g fat



Protein bar

1 bar- 245 cals



Vegan smashed chickpea sandwich

1/2 sandwich(es)- 203 cals



Pear

1 pear(s)- 113 cals

Dinner

340 cals, 28g protein, 39g net carbs, 6g fat



Teriyaki seitan with veggies and rice

338 cals

Day 3

1635 cals ● 153g protein (38%) ● 44g fat (24%) ● 137g carbs (34%) ● 19g fiber (5%)

Breakfast

265 cals, 10g protein, 39g net carbs, 7g fat



Soy milk yogurt

1 container- 136 cals



Small toasted bagel with vegan cream cheese

1/2 bagel(s)- 130 cals

Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



Instant oatmeal with water

1 packet(s)- 165 cals



Soy milk

1/2 cup(s)- 42 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

445 cals, 23g protein, 26g net carbs, 25g fat



Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals



Roasted peanuts

1/8 cup(s)- 115 cals



High-protein granola bar

1 bar(s)- 204 cals

Dinner

340 cals, 28g protein, 39g net carbs, 6g fat



Teriyaki seitan with veggies and rice

338 cals

Day 4

1728 cal ● 164g protein (38%) ● 73g fat (38%) ● 83g carbs (19%) ● 21g fiber (5%)

Breakfast

230 cal, 10g protein, 35g net carbs, 4g fat



Medium toasted bagel with jelly
1/2 bagel(s)- 173 cal



Soy milk
2/3 cup(s)- 56 cal

Snacks

210 cal, 7g protein, 8g net carbs, 14g fat



Pistachios
188 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Lunch

445 cal, 23g protein, 26g net carbs, 25g fat



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cal



Roasted peanuts
1/8 cup(s)- 115 cal



High-protein granola bar
1 bar(s)- 204 cal

Dinner

465 cal, 38g protein, 11g net carbs, 28g fat



Chik'n satay with peanut sauce
4 skewers- 466 cal

Day 5

1702 cal ● 158g protein (37%) ● 73g fat (39%) ● 81g carbs (19%) ● 22g fiber (5%)

Breakfast

230 cal, 10g protein, 35g net carbs, 4g fat



Medium toasted bagel with jelly
1/2 bagel(s)- 173 cal



Soy milk
2/3 cup(s)- 56 cal

Snacks

210 cal, 7g protein, 8g net carbs, 14g fat



Pistachios
188 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Lunch

415 cal, 18g protein, 23g net carbs, 25g fat



Vegan cream of mushroom soup
301 cal



Roasted peanuts
1/8 cup(s)- 115 cal

Dinner

465 cal, 38g protein, 11g net carbs, 28g fat



Chik'n satay with peanut sauce
4 skewers- 466 cal

Day 6

1693 cals ● 149g protein (35%) ● 66g fat (35%) ● 94g carbs (22%) ● 32g fiber (8%)

Breakfast

305 cals, 8g protein, 32g net carbs, 10g fat



Strawberries

3 3/4 cup(s)- 195 cals



Roasted almonds

1/8 cup(s)- 111 cals

Snacks

190 cals, 10g protein, 16g net carbs, 7g fat



Hummus toast

1 slice(s)- 146 cals



Soy milk

1/2 cup(s)- 42 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

415 cals, 18g protein, 23g net carbs, 25g fat



Vegan cream of mushroom soup

301 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Dinner

400 cals, 28g protein, 20g net carbs, 22g fat



Cajun tofu

314 cals



Lentils

87 cals

Day 7

1749 cals ● 158g protein (36%) ● 59g fat (30%) ● 109g carbs (25%) ● 37g fiber (9%)

Breakfast

305 cals, 8g protein, 32g net carbs, 10g fat



Strawberries

3 3/4 cup(s)- 195 cals



Roasted almonds

1/8 cup(s)- 111 cals

Snacks

190 cals, 10g protein, 16g net carbs, 7g fat



Hummus toast

1 slice(s)- 146 cals



Soy milk

1/2 cup(s)- 42 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

470 cals, 28g protein, 38g net carbs, 18g fat



Seitan salad

359 cals



Pear

1 pear(s)- 113 cals

Dinner

400 cals, 28g protein, 20g net carbs, 22g fat



Cajun tofu

314 cals



Lentils

87 cals

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/8 jar (24 oz) (84g)
- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

Other

- ☐ lentil pasta
2 oz (57g)
- ☐ soy milk yogurt
3 container(s) (451g)
- ☐ dairy-free cream cheese
2 1/4 tbsp (34g)
- ☐ soy milk, unsweetened
4 cup (919mL)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ coleslaw mix
4 tbsp (23g)
- ☐ teriyaki sauce
2 3/4 tbsp (41mL)
- ☐ skewer(s)
8 skewer(s) (8g)
- ☐ vegan chik'n strips
2/3 lbs (302g)
- ☐ sesame oil
4 tsp (20mL)
- ☐ nutritional yeast
1 tsp (1g)

Beverages

- ☐ water
27 3/4 cup(s) (6577mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ almond milk, unsweetened
3 cup(s) (720mL)

Baked Products

- ☐ bagel
2 medium bagel (3-1/2" to 4" dia) (209g)
- ☐ bread
1/4 lbs (128g)

Breakfast Cereals

- ☐ flavored instant oatmeal
3 packet (129g)

Legumes and Legume Products

- ☐ chickpeas, canned
5 oz (142g)
- ☐ roasted peanuts
1/2 cup (73g)
- ☐ peanut butter
2 2/3 tbsp (43g)
- ☐ hummus
5 tbsp (75g)
- ☐ firm tofu
1 1/4 lbs (567g)
- ☐ lentils, raw
4 tbsp (48g)

Fats and Oils

- ☐ vegan mayonnaise
2 tbsp (30g)
- ☐ oil
1 1/4 oz (39mL)
- ☐ salad dressing
1 tbsp (15mL)

Fruits and Fruit Juices

- ☐ pears
3 medium (534g)
- ☐ lime juice
2 tbsp (30mL)
- ☐ strawberries
7 1/2 cup, whole (1080g)
- ☐ avocados
1/4 avocado(s) (50g)

Cereal Grains and Pasta

- ☐ seitan
1/2 lbs (255g)
- ☐ long-grain white rice
4 tbsp (46g)

Snacks

- ☐ high-protein granola bar
2 bar (80g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Spices and Herbs

- ☐ turmeric, ground
1 dash (0g)
- ☐ mustard
1 tbsp (15g)
- ☐ onion powder
1 tbsp (7g)
- ☐ salt
1/4 tbsp (5g)
- ☐ black pepper
1/2 tbsp, ground (3g)
- ☐ cajun seasoning
2 tsp (5g)

- ☐ almonds
4 tbsp, whole (36g)

Sweets

- ☐ jelly
1 serving 1 tbsp (21g)

Vegetables and Vegetable Products

- ☐ pickles
1 spears (35g)
 - ☐ frozen mixed veggies
1/2 package (10 oz ea) (144g)
 - ☐ fresh ginger
1 1/3 inch (2.5cm) cube (7g)
 - ☐ tomatoes
18 cherry tomatoes (306g)
 - ☐ cauliflower
3 cup chopped (321g)
 - ☐ mushrooms
2 1/4 cup, pieces or slices (158g)
 - ☐ garlic
1 1/2 clove (5g)
 - ☐ onion
3/4 small (53g)
 - ☐ fresh spinach
2 cup(s) (60g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt

1 container(s) (150g)

For all 3 meals:

soy milk yogurt

3 container(s) (451g)

1. This recipe has no instructions.

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:

bagel

1/2 small bagel (3" dia) (35g)

dairy-free cream cheese

3/4 tbsp (11g)

For all 3 meals:

bagel

1 1/2 small bagel (3" dia) (104g)

dairy-free cream cheese

2 1/4 tbsp (34g)

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

Breakfast 2

Eat on day 4, day 5

Medium toasted bagel with jelly

1/2 bagel(s) - 173 cals  6g protein  1g fat  34g carbs  1g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
jelly
1/2 serving 1 tbsp (11g)

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
jelly
1 serving 1 tbsp (21g)

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

Soy milk

2/3 cup(s) - 56 cals  5g protein  3g fat  1g carbs  1g fiber



For single meal:

soy milk, unsweetened
2/3 cup (160mL)

For all 2 meals:

soy milk, unsweetened
1 1/3 cup (320mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Strawberries

3 3/4 cup(s) - 195 cals ● 4g protein ● 2g fat ● 31g carbs ● 11g fiber



For single meal:

strawberries

3 3/4 cup, whole (540g)

For all 2 meals:

strawberries

7 1/2 cup, whole (1080g)

1. This recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)

1 bar (50g)

For all 2 meals:

protein bar (20g protein)

2 bar (100g)

1. This recipe has no instructions.

Vegan smashed chickpea sandwich

1/2 sandwich(es) - 203 cals ● 9g protein ● 8g fat ● 19g carbs ● 6g fiber



For single meal:

turmeric, ground

1/2 dash (0g)

coleslaw mix

2 tbsp (11g)

mustard

1/2 tbsp (8g)

pickles, diced

1/2 spears (18g)

chickpeas, canned, drained and rinsed

2 1/2 oz (71g)

vegan mayonnaise

1 tbsp (15g)

bread

1 slice(s) (32g)

For all 2 meals:

turmeric, ground

1 dash (0g)

coleslaw mix

4 tbsp (23g)

mustard

1 tbsp (15g)

pickles, diced

1 spears (35g)

chickpeas, canned, drained and rinsed

5 oz (142g)

vegan mayonnaise

2 tbsp (30g)

bread

2 slice(s) (64g)

1. Put the chickpeas in a bowl and mash with a potato masher or the back of a fork until mashed to your liking.
2. Mix in the pickles, mayo, mustard, turmeric, and salt/pepper to taste.
3. Spread mixture between bread and top with coleslaw mix. Serve.
4. Leftover note: Store any leftover chickpea mixture in an airtight container in the fridge. Assemble sandwich when ready to eat.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

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

Eat on day 3, day 4

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts

2 tbsp (18g)

For all 2 meals:

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar

1 bar (40g)

For all 2 meals:

high-protein granola bar

2 bar (80g)

1. This recipe has no instructions.
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Lunch 3 [🔗](#)

Eat on day 5, day 6

Vegan cream of mushroom soup

301 cals ● 14g protein ● 16g fat ● 21g carbs ● 5g fiber



For single meal:

cauliflower
1 1/2 cup chopped (161g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
onion powder
1/2 tbsp (4g)
salt
3 dash (2g)
oil
1/4 tbsp (4mL)
mushrooms, diced
1 cup, pieces or slices (79g)
garlic, diced
3/4 clove (2g)
black pepper
1/4 tbsp, ground (2g)
onion, diced
3/8 small (26g)

For all 2 meals:

cauliflower
3 cup chopped (321g)
almond milk, unsweetened
3 cup(s) (720mL)
onion powder
1 tbsp (7g)
salt
1/4 tbsp (5g)
oil
1/2 tbsp (8mL)
mushrooms, diced
2 1/4 cup, pieces or slices (158g)
garlic, diced
1 1/2 clove (5g)
black pepper
1/2 tbsp, ground (3g)
onion, diced
3/4 small (53g)

1. In a small saucepan, heat the cauliflower, almond milk, onion powder, salt, and pepper. Bring to a boil.
2. Once boiling, reduce heat, and continue cooking for 8 minutes.
3. Blend the cauliflower mixture with a food processor, blender or immersion blender.
4. In a deep pan, add the oil, mushrooms, onion and garlic and cook over medium heat until onions soften, about 10 minutes.
5. Add cauliflower mixture to the mushrooms, cover, and bring to a boil. Let simmer for 10 minutes. Serve.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears
1 medium (178g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
water
2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:
soy milk, unsweetened
1/2 cup (120mL)

For all 3 meals:
soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Pistachios
188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:
pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:
pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Cherry tomatoes
6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:
tomatoes
6 cherry tomatoes (102g)

For all 2 meals:
tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 3 [🔗](#)

Eat on day 6, day 7

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 2 meals:

hummus
5 tbsp (75g)
bread
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

soy milk, unsweetened
1/2 cup (120mL)

For all 2 meals:

soy milk, unsweetened
1 cup (240mL)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Teriyaki seitan with veggies and rice

338 cal ● 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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Chik'n satay with peanut sauce

4 skewers - 466 cal ● 38g protein ● 28g fat ● 11g carbs ● 5g fiber



For single meal:

skewer(s)
4 skewer(s) (4g)
fresh ginger, grated or minced
2/3 inch (2.5cm) cube (3g)
vegan chik'n strips
1/3 lbs (151g)
sesame oil
2 tsp (10mL)
lime juice
3 tsp (15mL)
peanut butter
4 tsp (21g)

For all 2 meals:

skewer(s)
8 skewer(s) (8g)
fresh ginger, grated or minced
1 1/3 inch (2.5cm) cube (7g)
vegan chik'n strips
2/3 lbs (302g)
sesame oil
4 tsp (20mL)
lime juice
2 tbsp (30mL)
peanut butter
2 2/3 tbsp (43g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 4 [↗](#)

Eat on day 6, day 7

Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
cajun seasoning
1 tsp (2g)
firm tofu, patted dry & cubed
10 oz (284g)

For all 2 meals:

oil
4 tsp (20mL)
cajun seasoning
2 tsp (5g)
firm tofu, patted dry & cubed
1 1/4 lbs (567g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Protein Supplement(s)

Eat every day

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) (830mL)
- protein powder**
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

- water**
24 1/2 cup(s) (5807mL)
- protein powder**
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.