Meal Plan - 1000 calorie vegan meal plan

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

Day 1

933 cals | 96g protein (41%) | 30g fat (29%) | 60g carbs (26%) | 10g fiber (4%)

Breakfast

145 cals, 6g protein, 27g net carbs, 1g fat

Medium toasted bagel with 'butter'
1/2 bagel(s)- 145 cals

Lunch

345 cals, 24g protein, 23g net carbs, 16g fat

Sauteed peppers and onions
63 cals

Tasty breaded seitan
281 cals

Dinner

175 cals, 6g protein, 8g net carbs, 11g fat

Soy milk
1/2 cup(s)- 42 cals

Veggie stuffed tomatoes (dairy-free)
1 stuffed tomato(es)- 130 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 2

1035 cals | 107g protein (41%) | 29g fat (25%) | 73g carbs (28%) | 14g fiber (6%)

Breakfast

145 cals, 6g protein, 27g net carbs, 1g fat

Medium toasted bagel with 'butter'
1/2 bagel(s)- 145 cals

Lunch

330 cals, 13g protein, 33g net carbs, 14g fat

Crackers
8 cracker(s)- 135 cals

Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals

Dinner

290 cals, 27g protein, 12g net carbs, 13g fat

Spinach cauliflower mince
1 1/2 cup(s)- 107 cals

Simple seitan
3 oz- 183 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 3

1043 cals 96g protein (37%) 40g fat (35%) 54g carbs (21%) 20g fiber (8%)

Breakfast

210 cals, 9g protein, 14g net carbs, 11g fat

Avocado toast
1 slice(s)- 168 cals

Soy milk
1/2 cup(s)- 42 cals

Lunch

330 cals, 13g protein, 33g net carbs, 14g fat

Crackers
8 cracker(s)- 135 cals

Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals

Dinner

230 cals, 14g protein, 5g net carbs, 15g fat

Buffalo tempeh with vegan ranch
196 cals

Spinach cauliflower mince
1/2 cup(s)- 36 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 4

989 cals 95g protein (38%) 47g fat (43%) 28g carbs (11%) 19g fiber (8%)

Breakfast

210 cals, 9g protein, 14g net carbs, 11g fat

Avocado toast
1 slice(s)- 168 cals

Soy milk
1/2 cup(s)- 42 cals

Lunch

275 cals, 13g protein, 7g net carbs, 20g fat

Cajun tofu
157 cals

Tomato and avocado salad
117 cals

Dinner

230 cals, 14g protein, 5g net carbs, 15g fat

Buffalo tempeh with vegan ranch
196 cals

Spinach cauliflower mince
1/2 cup(s)- 36 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 5

1034 cals 99g protein (38%) 34g fat (30%) 57g carbs (22%) 27g fiber (10%)

Breakfast

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

Hummus toast
1 slice(s)- 146 cals

Soy milk
1/2 cup(s)- 42 cals

Lunch

285 cals, 14g protein, 11g net carbs, 16g fat

Tomato and avocado salad
117 cals

Carrot & grounds stir fry
166 cals

Dinner

290 cals, 14g protein, 28g net carbs, 9g fat

Vegan chickpea & chickpea pasta
262 cals

Simple kale salad
1/2 cup(s)- 28 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 6

1015 cals 91g protein (36%) 26g fat (23%) 86g carbs (34%) 18g fiber (7%)

Breakfast

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

Hummus toast
1 slice(s)- 146 cals

Soy milk
1/2 cup(s)- 42 cals

Lunch

315 cals, 11g protein, 37g net carbs, 11g fat

Broccoli & hummus flatbread
1/2 flatbread(s)- 315 cals

Dinner

240 cals, 9g protein, 31g net carbs, 6g fat

Naan bread
1/2 piece(s)- 131 cals

Spinach soup
108 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Day 7

1015 cals 91g protein (36%) 26g fat (23%) 86g carbs (34%) 18g fiber (7%)

Breakfast

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

Hummus toast
1 slice(s)- 146 cals

Soy milk
1/2 cup(s)- 42 cals

Lunch

315 cals, 11g protein, 37g net carbs, 11g fat

Broccoli & hummus flatbread
1/2 flatbread(s)- 315 cals

Dinner

240 cals, 9g protein, 31g net carbs, 6g fat

Naan bread
1/2 piece(s)- 131 cals

Spinach soup
108 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Grocery List

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Beverages

- [ ] water
  1 gallon (4186mL)
- [ ] protein powder
  17 1/2 scoop (1/3 cup ea) (543g)

Other

- [ ] soy milk, unsweetened
  3 cup (720mL)
- [ ] vegan cheese, shredded
  4 tsp (9g)
- [ ] italian seasoning
  4 dash (2g)
- [ ] vegan butter
  3/4 tbsp (11g)
- [ ] mixed greens
  1/4 package (5.5 oz) (43g)
- [ ] plant-based deli slices
  5 slices (52g)
- [ ] frozen riced cauliflower
  2 1/2 cup, frozen (265g)
- [ ] vegan ranch
  2 tbsp (31mL)
- [ ] chickpea pasta
  1 oz (28g)
- [ ] nutritional yeast
  4 dash (1g)

Vegetables and Vegetable Products

- [ ] tomatoes
  1 1/2 medium whole (2-3/5" dia) (185g)
- [ ] zucchini
  1/4 large (81g)
- [ ] onion
  1 1/2 medium (2-1/2" dia) (178g)
- [ ] fresh spinach
  5/8 10oz package (166g)
- [ ] bell pepper
  1/2 large (82g)
- [ ] garlic
  5 clove(s) (14g)
- [ ] kale leaves
  1/2 cup, chopped (20g)
- [ ] fresh cilantro
  1/2 tbsp, chopped (2g)
- [ ] carrots
  2/3 large (48g)
- [ ] fresh ginger
  1 inch (2.5cm) cube (5g)

Fats and Oils

- [ ] olive oil
  3/4 tbsp (11mL)
- [ ] oil
  2 oz (65mL)
- [ ] salad dressing
  1/2 tbsp (8mL)

Cereal Grains and Pasta

- [ ] seitan
  5 2/3 oz (161g)

Baked Products

- [ ] bread crumbs
  1 3/4 tbsp (12g)
- [ ] bagel
  1 medium bagel (3-1/2" to 4" dia) (105g)
- [ ] crackers
  16 crackers (56g)
- [ ] bread
  1/2 lbs (224g)
- [ ] naan bread
  1/2 lbs (216g)

Legumes and Legume Products

- [ ] soy sauce
  3 1/2 tsp (18mL)
- [ ] tempeh
  4 oz (113g)
- [ ] firm tofu
  5 oz (142g)
- [ ] hummus
  6 oz (174g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] vegetarian burger crumbles
  2 oz (57g)

Soups, Sauces, and Gravies

- [ ] hot sauce
  1 tsp (5mL)
- [ ] Frank's Red Hot sauce
  2 tbsp (31mL)
- [ ] vegetable broth
  5/8 cup(s) (mL)

Fruits and Fruit Juices

- [ ] broccoli
  1 1/2 cup chopped (137g)

Spices and Herbs

- [ ] salt
  1/3 tsp (2g)
- [ ] garlic powder
  1/2 tsp (2g)
- [ ] ground coriander
  1 1/2 dash (0g)
- [ ] ground cumin
  1/4 tbsp (1g)
- [ ] black pepper
  1/4 tsp, ground (1g)
- [ ] cajun seasoning
  4 dash (1g)
- [ ] crushed red pepper
  1/3 tsp (1g)
- [ ] avocados
  1 1/3 avocado(s) (268g)
- [ ] lime juice
  1/2 fl oz (18mL)
- [ ] lemon juice
  1/2 tbsp (8mL)

Recipes

Breakfast 1

Eat on day 1, day 2

Medium toasted bagel with 'butter'

1/2 bagel(s) - 145 cals 6g protein 1g fat 27g carbs 1g fiber

For single meal:

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

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
vegan butter
1/2 tbsp (7g)

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

Breakfast 2

Eat on day 3, day 4

Avocado toast

1 slice(s) - 168 cals 5g protein 9g fat 13g carbs 5g fiber

For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

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.

Breakfast 3

Eat on day 5, 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 3 meals:

hummus
1/2 cup (113g)
bread
3 slice (96g)

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 3 meals:

soy milk, unsweetened
1 1/2 cup (360mL)

1. This recipe has no instructions.

Lunch 1

Eat on day 1

Sauteed peppers and onions

63 cals 1g protein 4g fat 5g carbs 2g fiber

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Tasty breaded seitan

281 cals 23g protein 12g fat 18g carbs 1g fiber

seitan
2 2/3 oz (76g)
bread crumbs
1 3/4 tbsp (12g)
garlic powder
1/3 tsp (1g)
ground coriander
1 1/3 dash (0g)
ground cumin
1 1/3 dash (0g)
black pepper
1/3 dash, ground (0g)
soy sauce
2 tsp (10mL)
oil
2 tsp (10mL)

1. In a small bowl, combine bread crumbs garlic powder, coriander, cumin, and black pepper. Dip seitan in soy sauce, then in the yeast and spice mixture. Set aside.
2. Heat oil in a skillet over medium heat. Fry seitan in batches until browned on all sides.

Lunch 2

Eat on day 2, day 3

Crackers

8 cracker(s) - 135 cals 2g protein 6g fat 18g carbs 1g fiber

For single meal:

crackers
8 crackers (28g)

For all 2 meals:

crackers
16 crackers (56g)

1. Enjoy.

Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals 11g protein 8g fat 15g carbs 5g fiber

For single meal:

mixed greens
4 tbsp (8g)
hot sauce
1/2 tsp (3mL)
avocados, peeled & deseeded
1/6 avocado(s) (34g)
bread
1 slice(s) (32g)
plant-based deli slices
2 1/2 slices (26g)

For all 2 meals:

mixed greens
1/2 cup (15g)
hot sauce
1 tsp (5mL)
avocados, peeled & deseeded
1/3 avocado(s) (67g)
bread
2 slice(s) (64g)
plant-based deli slices
5 slices (52g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Lunch 3

Eat on day 4

Cajun tofu

157 cals 11g protein 11g fat 4g carbs 0g fiber

oil
1 tsp (5mL)
cajun seasoning
4 dash (1g)
firm tofu, patted dry & cubed
5 oz (142g)

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.

Tomato and avocado salad

117 cals 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.

Lunch 4

Eat on day 5

Tomato and avocado salad

117 cals 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.

Carrot & grounds stir fry

166 cals 12g protein 7g fat 8g carbs 5g fiber

fresh cilantro, chopped
1/2 tbsp, chopped (2g)
oil
1 tsp (5mL)
lime juice
1/2 tsp (3mL)
crushed red pepper
2/3 dash (0g)
water
1 tsp (5mL)
soy sauce
1/2 tbsp (8mL)
onion, chopped
1/6 large (25g)
garlic, minced
1/3 clove(s) (1g)
vegetarian burger crumbles
2 oz (57g)
carrots
2/3 large (48g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Lunch 5

Eat on day 6, day 7

Broccoli & hummus flatbread

1/2 flatbread(s) - 315 cals 11g protein 11g fat 37g carbs 5g fiber

For single meal:

oil
1 tsp (5mL)
crushed red pepper
1 dash (0g)
hummus
2 tbsp (31g)
mixed greens
1/2 oz (14g)
garlic, minced
1/2 clove (2g)
lemon juice
1/4 tbsp (4mL)
naan bread
1/2 large (63g)
broccoli, sliced
3/4 cup chopped (68g)

For all 2 meals:

oil
2 tsp (10mL)
crushed red pepper
2 dash (0g)
hummus
4 tbsp (62g)
mixed greens
1 oz (28g)
garlic, minced
1 clove (3g)
lemon juice
1/2 tbsp (8mL)
naan bread
1 large (126g)
broccoli, sliced
1 1/2 cup chopped (137g)

1. Preheat oven to 450°F (230°C).
2. Combine chopped broccoli, garlic, just half of the oil, and some salt and pepper on a baking sheet. Toss. Roast 10-15 minutes until broccoli is tender.
3. Place naan directly on oven rack and bake until crisp, 4-5 minutes.
4. Toss greens with lemon juice, remaining oil, and some salt and pepper.
5. Spread hummus on naan. Top with broccoli, greens, a sprinkle of crushed red pepper. Slice naan flatbread and serve.

Dinner 1

Eat on day 1

Soy milk

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

Makes 1/2 cup(s)

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

1. This recipe has no instructions.

Veggie stuffed tomatoes (dairy-free)

1 stuffed tomato(es) - 130 cals 2g protein 9g fat 7g carbs 2g fiber

Makes 1 stuffed tomato(es)

vegan cheese, shredded
4 tsp (9g)
tomatoes
1 medium whole (2-3/5" dia) (123g)
zucchini, diced
1/4 large (81g)
onion, diced
1/4 medium (2-1/2" dia) (28g)
fresh spinach
1/2 cup(s) (15g)
italian seasoning
4 dash (2g)
salt
1/2 dash (0g)
olive oil
1/2 tbsp (8mL)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

Dinner 2

Eat on day 2

Spinach cauliflower mince

1 1/2 cup(s) - 107 cals 5g protein 7g fat 2g carbs 4g fiber

Makes 1 1/2 cup(s)

oil
1/2 tbsp (8mL)
frozen riced cauliflower
1 1/2 cup, frozen (159g)
fresh spinach, chopped
3/4 cup(s) (23g)
garlic, diced
1 1/2 clove(s) (5g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Simple seitan

3 oz - 183 cals 23g protein 6g fat 10g carbs 0g fiber

Makes 3 oz

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Dinner 3

Eat on day 3, day 4

Buffalo tempeh with vegan ranch

196 cals 12g protein 13g fat 5g carbs 4g fiber

For single meal:

vegan ranch
1 tbsp (15mL)
tempeh, roughly chopped
2 oz (57g)
Frank's Red Hot sauce
1 tbsp (15mL)
oil
1/4 tbsp (4mL)

For all 2 meals:

vegan ranch
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)
Frank's Red Hot sauce
2 tbsp (30mL)
oil
1/2 tbsp (8mL)

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.

Spinach cauliflower mince

1/2 cup(s) - 36 cals 2g protein 2g fat 1g carbs 1g fiber

For single meal:

oil
1/2 tsp (3mL)
frozen riced cauliflower
1/2 cup, frozen (53g)
fresh spinach, chopped
1/4 cup(s) (8g)
garlic, diced
1/2 clove(s) (2g)

For all 2 meals:

oil
1 tsp (5mL)
frozen riced cauliflower
1 cup, frozen (106g)
fresh spinach, chopped
1/2 cup(s) (15g)
garlic, diced
1 clove(s) (3g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Dinner 4

Eat on day 5

Vegan chickpea & chickpea pasta

262 cals 13g protein 8g fat 25g carbs 10g fiber

vegan butter
1/4 tbsp (4g)
onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
chickpea pasta
1 oz (28g)
chickpeas, canned, drained & rinsed
1/4 can (112g)
garlic, minced
1 clove(s) (3g)
oil
1/4 tbsp (4mL)
nutritional yeast
4 dash (1g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Simple kale salad

1/2 cup(s) - 28 cals 1g protein 2g fat 2g carbs 0g fiber

Makes 1/2 cup(s)

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Dinner 5

Eat on day 6, day 7

Naan bread

1/2 piece(s) - 131 cals 4g protein 3g fat 22g carbs 1g fiber

For single meal:

naan bread
1/2 piece (45g)

For all 2 meals:

naan bread
1 piece (90g)

1. This recipe has no instructions.

Spinach soup

108 cals 5g protein 4g fat 9g carbs 4g fiber

For single meal:

ground cumin
2 dash (1g)
vegetable broth
1/3 cup(s) (mL)
fresh spinach
2 oz (57g)
fresh ginger, minced
1/2 inch (2.5cm) cube (3g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
oil
1/2 tsp (3mL)
chickpeas, canned, drained & rinsed
1/8 can (56g)

For all 2 meals:

ground cumin
4 dash (1g)
vegetable broth
5/8 cup(s) (mL)
fresh spinach
4 oz (113g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
oil
1 tsp (5mL)
chickpeas, canned, drained & rinsed
1/4 can (112g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Serve.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals 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.