

Meal Plan - 1300 calorie 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

1335 cals ● 94g protein (28%) ● 45g fat (30%) ● 121g carbs (36%) ● 18g fiber (5%)

Breakfast

170 cals, 9g protein, 20g net carbs, 5g fat



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

1/2 bagel(s)- 130 cals



[Vegan breakfast sausage links](#)

1 links- 38 cals

Snacks

90 cals, 2g protein, 8g net carbs, 5g fat



[Dark chocolate](#)

1 square(s)- 60 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

430 cals, 18g protein, 57g net carbs, 12g fat



[Nectarine](#)

1 nectarine(s)- 70 cals



[Chik'n nuggets](#)

5 nuggets- 276 cals



[Fruit juice](#)

3/4 cup(s)- 86 cals

Dinner

425 cals, 17g protein, 33g net carbs, 22g fat



[Bbq tofu & pineapple bowl](#)

260 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Day 2

1343 cal ● 96g protein (28%) ● 49g fat (33%) ● 98g carbs (29%) ● 31g fiber (9%)

Breakfast

170 cal, 9g protein, 20g net carbs, 5g fat



[Small toasted bagel with vegan cream cheese](#)
1/2 bagel(s)- 130 cal



[Vegan breakfast sausage links](#)
1 links- 38 cal

Snacks

90 cal, 2g protein, 8g net carbs, 5g fat



[Dark chocolate](#)
1 square(s)- 60 cal



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cal

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cal

Lunch

465 cal, 21g protein, 30g net carbs, 23g fat



[Easy chickpea salad](#)
234 cal



[Roasted peanuts](#)
1/4 cup(s)- 230 cal

Dinner

400 cal, 16g protein, 39g net carbs, 16g fat



[Simple salad with tomatoes and carrots](#)
147 cal



[Crispy chik'n tenders](#)
2 tender(s)- 114 cal



[Tortilla chips](#)
141 cal

Day 3

1297 cal ● 94g protein (29%) ● 53g fat (36%) ● 89g carbs (27%) ● 23g fiber (7%)

Breakfast

170 cal, 9g protein, 20g net carbs, 5g fat



[Small toasted bagel with vegan cream cheese](#)
1/2 bagel(s)- 130 cal



[Vegan breakfast sausage links](#)
1 links- 38 cal

Snacks

145 cal, 7g protein, 15g net carbs, 5g fat



[Hummus toast](#)
1 slice(s)- 146 cal

Lunch

360 cal, 15g protein, 13g net carbs, 26g fat



[Roasted carrots](#)
2 carrots(s)- 106 cal



[Basic tofu](#)
6 oz- 257 cal

Dinner

400 cal, 16g protein, 39g net carbs, 16g fat



[Simple salad with tomatoes and carrots](#)
147 cal



[Crispy chik'n tenders](#)
2 tender(s)- 114 cal



[Tortilla chips](#)
141 cal

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cal

Day 4

1280 cals ● 95g protein (30%) ● 41g fat (29%) ● 117g carbs (36%) ● 17g fiber (5%)

Breakfast

180 cals, 5g protein, 37g net carbs, 1g fat



Small toasted bagel with jelly
1/2 bagel(s)- 124 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

145 cals, 7g protein, 15g net carbs, 5g fat



Hummus toast
1 slice(s)- 146 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

360 cals, 15g protein, 13g net carbs, 26g fat



Roasted carrots
2 carrots(s)- 106 cals



Basic tofu
6 oz- 257 cals

Dinner

370 cals, 21g protein, 49g net carbs, 8g fat



Rice pilaf with meatless meatballs
372 cals

Day 5

1326 cals ● 93g protein (28%) ● 25g fat (17%) ● 162g carbs (49%) ● 20g fiber (6%)

Breakfast

180 cals, 5g protein, 37g net carbs, 1g fat



Small toasted bagel with jelly
1/2 bagel(s)- 124 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

145 cals, 7g protein, 15g net carbs, 5g fat



Hummus toast
1 slice(s)- 146 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

410 cals, 12g protein, 59g net carbs, 11g fat



Peanut butter and jelly sandwich
1 sandwich(es)- 382 cals



Carrot sticks
1 carrot(s)- 27 cals

Dinner

370 cals, 21g protein, 49g net carbs, 8g fat



Rice pilaf with meatless meatballs
372 cals

Day 6

1338 cal ● 106g protein (32%) ● 44g fat (30%) ● 96g carbs (29%) ● 34g fiber (10%)

Breakfast

220 cal, 5g protein, 17g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Blueberry nut apple slices

1/2 apple(s)- 198 cal

Snacks

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



Bell pepper strips and hummus

85 cal



Sunflower seeds

90 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

410 cal, 12g protein, 59g net carbs, 11g fat



Peanut butter and jelly sandwich

1 sandwich(es)- 382 cal



Carrot sticks

1 carrot(s)- 27 cal

Dinner

315 cal, 32g protein, 11g net carbs, 10g fat



Simple salad with tomatoes and carrots

98 cal



Vegan crumbles

1 1/2 cup(s)- 219 cal

Day 7

1312 cal ● 124g protein (38%) ● 53g fat (37%) ● 52g carbs (16%) ● 33g fiber (10%)

Breakfast

220 cal, 5g protein, 17g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Blueberry nut apple slices

1/2 apple(s)- 198 cal

Snacks

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



Bell pepper strips and hummus

85 cal



Sunflower seeds

90 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

385 cal, 30g protein, 15g net carbs, 20g fat



Vegan sausage

1 sausage(s)- 268 cal



Simple kale & avocado salad

115 cal

Dinner

315 cal, 32g protein, 11g net carbs, 10g fat



Simple salad with tomatoes and carrots

98 cal



Vegan crumbles

1 1/2 cup(s)- 219 cal

Fats and Oils

- oil
1 1/2 oz (43mL)
- salad dressing
1/4 cup (56mL)

Soups, Sauces, and Gravies

- barbecue sauce
2 tbsp (35g)
- apple cider vinegar
1/2 tbsp (0mL)

Fruits and Fruit Juices

- canned pineapple
1/2 cup, chunks (91g)
- nectarine
1 medium (2-1/2" dia) (142g)
- fruit juice
14 fl oz (420mL)
- blueberries
4 tbsp (37g)
- apples
1 medium (3" dia) (182g)
- lemon
1/4 small (15g)
- avocados
1/4 avocado(s) (50g)

Legumes and Legume Products

- firm tofu
1 lbs (454g)
- chickpeas, canned
1/2 can (224g)
- roasted peanuts
4 tbsp (37g)
- hummus
7 oz (194g)
- peanut butter
2 tbsp (32g)
- vegetarian burger crumbles
3 cup (300g)

Vegetables and Vegetable Products

- broccoli
1/2 cup chopped (46g)
- ketchup
2 1/4 tbsp (38g)

Nut and Seed Products

- almonds
3 tbsp, whole (27g)
- walnuts
4 walnuts (8g)
- almond butter
2 tbsp (32g)
- sunflower kernels
1 oz (28g)

Baked Products

- bagel
2 1/2 small bagel (3" dia) (173g)
- bread
7 slice (224g)

Other

- dairy-free cream cheese
2 1/4 tbsp (34g)
- vegan breakfast sausage links
3 links (68g)
- vegan chik'n nuggets
5 nuggets (108g)
- meatless chik'n tenders
4 pieces (102g)
- snow peas
1/4 cup (21g)
- vegan meatballs, frozen
6 meatball(s) (180g)
- vegan sausage
1 sausage (100g)

Beverages

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

Sweets

- Chocolate, dark, 70-85%
2 square(s) (20g)
- jelly
5 serving 1 tbsp (105g)

Snacks

- tomatoes
8 medium whole (2-3/5" dia) (994g)
 - carrots
8 medium (486g)
 - romaine lettuce
2 1/2 hearts (1250g)
 - fresh parsley
1 1/2 sprigs (2g)
 - onion
1/4 small (18g)
 - bell pepper
1 medium (119g)
 - kale leaves
1/4 bunch (43g)
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- tortilla chips
2 oz (57g)

Spices and Herbs

- balsamic vinegar
1/2 tbsp (8mL)

Meals, Entrees, and Side Dishes

- flavored rice mix
1/2 box (8 oz) (113g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cal ● 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.

Vegan breakfast sausage links

1 links - 38 cal ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links

1 links (23g)

For all 3 meals:

vegan breakfast sausage links

3 links (68g)

1. Cook links according to package instructions. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Small toasted bagel with jelly

1/2 bagel(s) - 124 cal ● 4g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

bagel

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

jelly

1/2 serving 1 tbsp (11g)

For all 2 meals:

bagel

1 small bagel (3" dia) (69g)

jelly

1 serving 1 tbsp (21g)

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

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

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

Eat on day 6, day 7

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.

Blueberry nut apple slices

1/2 apple(s) - 198 cals ● 4g protein ● 12g fat ● 14g carbs ● 5g fiber



For single meal:

blueberries

2 tbsp (19g)

walnuts, chopped

2 walnuts (4g)

almond butter

1 tbsp (16g)

apples

1/2 medium (3" dia) (91g)

For all 2 meals:

blueberries

4 tbsp (37g)

walnuts, chopped

4 walnuts (8g)

almond butter

2 tbsp (32g)

apples

1 medium (3" dia) (182g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

Lunch 1 [↗](#)

Eat on day 1

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)

nectarine, pitted

1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



Makes 5 nuggets

vegan chik'n nuggets

5 nuggets (108g)

ketchup

1 1/4 tbsp (21g)

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

Fruit juice

3/4 cup(s) - 86 cal ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



Makes 3/4 cup(s)

fruit juice

6 fl oz (180mL)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Easy chickpea salad

234 cal ● 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!

Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3, day 4

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
 2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.
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Basic tofu

6 oz - 257 cal ● 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.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber



For single meal:

bread
2 slice (64g)
peanut butter
1 tbsp (16g)
jelly
2 serving 1 tbsp (42g)

For all 2 meals:

bread
4 slice (128g)
peanut butter
2 tbsp (32g)
jelly
4 serving 1 tbsp (84g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Carrot sticks

1 carrot(s) - 27 cals ● 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.

Lunch 5 [↗](#)

Eat on day 7

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

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

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

Chocolate, dark, 70-85%

1 square(s) (10g)

For all 2 meals:

Chocolate, dark, 70-85%

2 square(s) (20g)

1. This recipe has no instructions.

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Bbq tofu & pineapple bowl

260 cals ● 11g protein ● 9g fat ● 31g carbs ● 3g fiber



oil
1/4 tbsp (4mL)
barbecue sauce
2 tbsp (35g)
canned pineapple
1/2 cup, chunks (91g)
firm tofu
4 oz (113g)
broccoli
1/2 cup chopped (46g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds
3 tbsp, whole (27g)

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

Eat on day 2, day 3

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Crispy chik'n tenders

2 tender(s) - 114 cal ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



For single meal:

ketchup
1/2 tbsp (9g)
meatless chik'n tenders
2 pieces (51g)

For all 2 meals:

ketchup
1 tbsp (17g)
meatless chik'n tenders
4 pieces (102g)

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

Tortilla chips

141 cal ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

tortilla chips
1 oz (28g)

For all 2 meals:

tortilla chips
2 oz (57g)

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

Eat on day 4, day 5

Rice pilaf with meatless meatballs

372 cals ● 21g protein ● 8g fat ● 49g carbs ● 6g fiber



For single meal:

snow peas, ends trimmed
1/8 cup (11g)
tomatoes
3 cherry tomatoes (51g)
vegan meatballs, frozen
3 meatball(s) (90g)
flavored rice mix
1/4 box (8 oz) (57g)

For all 2 meals:

snow peas, ends trimmed
1/4 cup (21g)
tomatoes
6 cherry tomatoes (102g)
vegan meatballs, frozen
6 meatball(s) (180g)
flavored rice mix
1/2 box (8 oz) (113g)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

For all 2 meals:

salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



For single meal:

vegetarian burger crumbles

1 1/2 cup (150g)

For all 2 meals:

vegetarian burger crumbles

3 cup (300g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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.
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