

Meal Plan - 1300 calorie high protein pescetarian meal plan



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

Day 1

1357 cals ● 124g protein (36%) ● 58g fat (38%) ● 60g carbs (18%) ● 26g fiber (8%)

Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



[Eggs with tomato and avocado](#)
163 cals

Lunch

360 cals, 23g protein, 26g net carbs, 14g fat



[Buttered sugar snap peas](#)
107 cals



[Veggie burger patty](#)
2 patty- 254 cals

Dinner

330 cals, 26g protein, 12g net carbs, 18g fat



[Milk](#)
3/4 cup(s)- 112 cals



[Avocado tuna salad](#)
218 cals

Snacks

230 cals, 7g protein, 18g net carbs, 13g fat



[Kiwi](#)
1 kiwi- 47 cals



[Ants on a log](#)
184 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Day 2

1335 cals ● 131g protein (39%) ● 49g fat (33%) ● 70g carbs (21%) ● 22g fiber (7%)

Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



Eggs with tomato and avocado
163 cals

Snacks

230 cals, 7g protein, 18g net carbs, 13g fat



Kiwi
1 kiwi- 47 cals



Ants on a log
184 cals

Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals

Dinner

300 cals, 29g protein, 15g net carbs, 12g fat



Green beans
32 cals



Vegan sausage
1 sausage(s)- 268 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

1286 cals ● 133g protein (41%) ● 43g fat (30%) ● 74g carbs (23%) ● 18g fiber (6%)

Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



Eggs with tomato and avocado
163 cals

Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals

Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



Celery and peanut butter
109 cals



Grapefruit
1/2 grapefruit- 59 cals

Dinner

310 cals, 33g protein, 22g net carbs, 10g fat



Teriyaki seitan wings
4 oz seitan- 297 cals



Cucumber slices
1/4 cucumber- 15 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

1342 cals ● 123g protein (37%) ● 49g fat (33%) ● 87g carbs (26%) ● 16g fiber (5%)

Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



Kiwi

1 kiwi- 47 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Lunch

385 cals, 11g protein, 40g net carbs, 17g fat



Spiced tofu & pesto sandwich

1/2 sandwich(es)- 190 cals



Strawberries

1 cup(s)- 52 cals



Tortilla chips

141 cals

Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



Celery and peanut butter

109 cals



Grapefruit

1/2 grapefruit- 59 cals

Dinner

310 cals, 33g protein, 22g net carbs, 10g fat



Teriyaki seitan wings

4 oz seitan- 297 cals



Cucumber slices

1/4 cucumber- 15 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 5

1318 cals ● 120g protein (36%) ● 35g fat (24%) ● 104g carbs (32%) ● 27g fiber (8%)

Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



Kiwi

1 kiwi- 47 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Lunch

315 cals, 15g protein, 51g net carbs, 2g fat



Lentil & tomato pasta

316 cals

Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



Celery and peanut butter

109 cals



Grapefruit

1/2 grapefruit- 59 cals

Dinner

355 cals, 26g protein, 28g net carbs, 11g fat



Sweet potato wedges

174 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 6

1335 cals ● 131g protein (39%) ● 31g fat (21%) ● 104g carbs (31%) ● 29g fiber (9%)

Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



Scrambled egg whites
61 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

160 cals, 18g protein, 11g net carbs, 4g fat



Tuna cucumber bites
115 cals



Kiwi
1 kiwi- 47 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

315 cals, 15g protein, 51g net carbs, 2g fat



Lentil & tomato pasta
316 cals

Dinner

355 cals, 26g protein, 28g net carbs, 11g fat



Sweet potato wedges
174 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals

Day 7

1255 cals ● 116g protein (37%) ● 60g fat (43%) ● 48g carbs (15%) ● 15g fiber (5%)

Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



Scrambled egg whites
61 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

160 cals, 18g protein, 11g net carbs, 4g fat



Tuna cucumber bites
115 cals



Kiwi
1 kiwi- 47 cals

Lunch

265 cals, 12g protein, 15g net carbs, 16g fat



Cucumber slices
1/4 cucumber- 15 cals



Grilled cheese sandwich
1/2 sandwich(es)- 248 cals

Dinner

330 cals, 15g protein, 8g net carbs, 26g fat



Basic tofu
6 oz- 257 cals



Olive oil drizzled green beans
72 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Spices and Herbs

- black pepper
1 g (1g)
- salt
1/6 oz (6g)
- fresh basil
3 leaves (2g)
- ground cumin
1/4 tbsp (2g)
- chili powder
2 dash (1g)
- crushed red pepper
1 dash (0g)
- paprika
2 dash (1g)

Dairy and Egg Products

- butter
1/8 stick (16g)
- eggs
7 large (350g)
- whole milk
3/4 cup(s) (180mL)
- egg whites
1/2 cup (122g)
- sliced cheese
1 slice (1 oz ea) (28g)

Vegetables and Vegetable Products

- frozen sugar snap peas
2/3 cup (96g)
- tomatoes
5/6 medium whole (2-3/5" dia) (104g)
- raw celery
5 stalk, medium (7-1/2" - 8" long) (200g)
- onion
3/8 medium (2-1/2" dia) (46g)
- cucumber
1 1/2 cucumber (8-1/4") (428g)
- frozen green beans
1 1/3 cup (161g)
- canned crushed tomatoes
1/2 can (203g)
- tomato paste
1/2 tbsp (8g)
- carrots
1/2 medium (31g)
- garlic
1/2 clove(s) (2g)

Fruits and Fruit Juices

- avocados
1 1/2 avocado(s) (302g)
- kiwi
6 fruit (414g)
- raisins
1 miniature box (.5 oz) (14g)
- lime juice
1/2 tsp (3mL)
- Grapefruit
1 1/2 large (approx 4-1/2" dia) (498g)
- strawberries
1 cup, whole (144g)

Beverages

- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- water
18 cup(s) (4252mL)

Legumes and Legume Products

- peanut butter
6 tbsp (96g)
- hummus
6 tbsp (90g)
- firm tofu
1/2 lbs (213g)
- lentils, raw
6 tbsp (72g)
- vegetarian burger crumbles
2 1/2 cup (250g)

Finfish and Shellfish Products

- canned tuna
1 1/2 can (234g)

Baked Products

- bread
9 oz (256g)

Cereal Grains and Pasta

- seitan
1/2 lbs (227g)
- uncooked dry pasta
2 1/4 oz (64g)

sweet potatoes
1 1/3 sweetpotato, 5" long (280g)

Other

veggie burger patty
2 patty (142g)

mixed greens
3/4 cup (23g)

plant-based deli slices
12 slices (125g)

vegan sausage
1 sausage (100g)

teriyaki sauce
4 tbsp (60mL)

Fats and Oils

oil
2 oz (61mL)

olive oil
1 tsp (5mL)

Soups, Sauces, and Gravies

pesto sauce
3/4 tbsp (12g)

Snacks

tortilla chips
1 oz (28g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

salt
1 dash (0g)
eggs
1 large (50g)
black pepper
1 dash (0g)
tomatoes
1 slice(s), thick/large (1/2" thick)
(27g)
avocados, sliced
1/4 avocado(s) (50g)
fresh basil, chopped
1 leaves (1g)

For all 3 meals:

salt
3 dash (1g)
eggs
3 large (150g)
black pepper
3 dash (0g)
tomatoes
3 slice(s), thick/large (1/2" thick)
(81g)
avocados, sliced
3/4 avocado(s) (151g)
fresh basil, chopped
3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 3 ↗

Eat on day 6 and day 7

Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

egg whites
4 tbsp (61g)
oil
1/4 tbsp (4mL)

For all 2 meals:

egg whites
1/2 cup (122g)
oil
1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

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.

Lunch 1 ↗

Eat on day 1

Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

butter

2 tsp (9g)

frozen sugar snap peas

2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

Hummus & veggie deli sandwich

1 sandwich(es) - 370 cals ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



For single meal:

bread
2 slice(s) (64g)
plant-based deli slices
6 slices (62g)
hummus
3 tbsp (45g)
cucumber
4 tbsp slices (26g)

For all 2 meals:

bread
4 slice(s) (128g)
plant-based deli slices
12 slices (125g)
hummus
6 tbsp (90g)
cucumber
1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.

Serve.

Lunch 3 ↗

Eat on day 4

Spiced tofu & pesto sandwich

1/2 sandwich(es) - 190 cals ● 8g protein ● 10g fat ● 14g carbs ● 3g fiber



Makes 1/2 sandwich(es)

bread
1 slice(s) (32g)
pesto sauce
3/4 tbsp (12g)
oil
1/2 tsp (3mL)
ground cumin
4 dash (1g)
chili powder
2 dash (1g)
mixed greens
4 tbsp (8g)
crushed red pepper
1 dash (0g)
firm tofu
1 1/2 oz (43g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)

strawberries

1 cup, whole (144g)

1. The recipe has no instructions.

Tortilla chips

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

tortilla chips

1 oz (28g)

1. The recipe has no instructions.



Lunch 4 ↗

Eat on day 5 and day 6

Lentil & tomato pasta

316 cals ● 15g protein ● 2g fat ● 51g carbs ● 8g fiber



For single meal:

uncooked dry pasta
1 oz (32g)
lentils, raw
3 tbsp (36g)
canned crushed tomatoes
1/4 can (101g)
water
1/4 cup(s) (52mL)
paprika
1 dash (0g)
ground cumin
1 dash (0g)
oil
1/6 tsp (1mL)
tomato paste
1/4 tbsp (4g)
carrots, chopped
1/4 medium (15g)
garlic, minced
1/4 clove(s) (1g)
onion, diced
1/8 large (19g)

For all 2 meals:

uncooked dry pasta
2 1/4 oz (64g)
lentils, raw
6 tbsp (72g)
canned crushed tomatoes
1/2 can (203g)
water
1/2 cup(s) (104mL)
paprika
2 dash (1g)
ground cumin
2 dash (1g)
oil
3/8 tsp (2mL)
tomato paste
1/2 tbsp (8g)
carrots, chopped
1/2 medium (31g)
garlic, minced
1/2 clove(s) (2g)
onion, diced
1/4 large (38g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Lunch 5 ↗

Eat on day 7

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



Makes 1/4 cucumber

cucumber
1/4 cucumber (8-1/4") (75g)

1. Slice cucumber into rounds and serve.

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber

Makes 1/2 sandwich(es)



bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.

2. Spread butter on one side of one slice of bread.

3. Place bread on skillet, butter-side down and top with cheese.

4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.

5. Grill until lightly browned and then flip. Continue until cheese is melted.

Snacks 1

Eat on day 1 and day 2

Kiwi

1 kiwi - 47 cals  1g protein  0g fat  8g carbs  2g fiber



For single meal:

kiwi

1 fruit (69g)

For all 2 meals:

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Ants on a log

184 cals  6g protein  12g fat  10g carbs  2g fiber



For single meal:

raisins

1/2 miniature box (.5 oz) (7g)

raw celery, trimmed

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 1/2 tbsp (24g)

For all 2 meals:

raisins

1 miniature box (.5 oz) (14g)

raw celery, trimmed

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

3 tbsp (48g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

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)

Snacks 3 ↗

Eat on day 6 and day 7

Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

canned tuna
1 packet (74g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

canned tuna
2 packet (148g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Dinner 1 ↗

Eat on day 1

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

whole milk
3/4 cup(s) (180mL)

1. The recipe has no instructions.

Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



avocados

1/4 avocado(s) (50g)

lime juice

1/2 tsp (3mL)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

mixed greens

1/2 cup (15g)

canned tuna

1/2 can (86g)

tomatoes

2 tbsp, chopped (23g)

onion, minced

1/8 small (9g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 2 ↗

Eat on day 2

Green beans

32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber

frozen green beans

2/3 cup (81g)



1. Prepare according to instructions on package.

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.

Dinner 3 ↗

Eat on day 3 and day 4

Teriyaki seitan wings

4 oz seitan - 297 cals ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1/2 tbsp (8mL)
teriyaki sauce
2 tbsp (30mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
1 tbsp (15mL)
teriyaki sauce
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Dinner 4 ↗

Eat on day 5 and day 6

Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

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

Dinner 5 ↗

Eat on day 7

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

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.

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

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:

protein powder
2 1/2 scoop (1/3 cup ea) (78g)
water
2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder
17 1/2 scoop (1/3 cup ea) (543g)
water
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.

