

Meal Plan - 2600 calorie pescetarian 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

2631 cals ● 186g protein (28%) ● 104g fat (35%) ● 191g carbs (29%) ● 47g fiber (7%)

Breakfast

485 cals, 17g protein, 59g net carbs, 12g fat



Buttered english muffin
1/2 english muffin(s)- 106 cals



High fiber cereal
227 cals



Kefir
150 cals

Lunch

825 cals, 33g protein, 79g net carbs, 40g fat



Roasted cashews
3/8 cup(s)- 348 cals



Crispy chick'n tenders
6 tender(s)- 343 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

340 cals, 17g protein, 42g net carbs, 8g fat



Applesauce
57 cals



Quinoa & chia yogurt parfait
282 cals

Dinner

765 cals, 71g protein, 10g net carbs, 42g fat



Avocado tuna salad
764 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

2631 cals ● 186g protein (28%) ● 104g fat (35%) ● 191g carbs (29%) ● 47g fiber (7%)

Breakfast

485 cals, 17g protein, 59g net carbs, 12g fat



Buttered english muffin
1/2 english muffin(s)- 106 cals



High fiber cereal
227 cals



Kefir
150 cals

Snacks

340 cals, 17g protein, 42g net carbs, 8g fat



Applesauce
57 cals



Quinoa & chia yogurt parfait
282 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

825 cals, 33g protein, 79g net carbs, 40g fat



Roasted cashews
3/8 cup(s)- 348 cals



Crispy chick'n tenders
6 tender(s)- 343 cals



Dried cranberries
1/4 cup- 136 cals

Dinner

765 cals, 71g protein, 10g net carbs, 42g fat



Avocado tuna salad
764 cals

Day 3

2618 cals ● 196g protein (30%) ● 112g fat (39%) ● 171g carbs (26%) ● 35g fiber (5%)

Breakfast

430 cals, 20g protein, 18g net carbs, 28g fat



Roasted cashews
1/8 cup(s)- 104 cals



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

330 cals, 23g protein, 25g net carbs, 14g fat



Blackberry & granola parfait
229 cals



Milk
2/3 cup(s)- 99 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

830 cals, 45g protein, 59g net carbs, 42g fat



Peach
2 peach(es)- 132 cals



Pesto grilled cheese sandwich
1 sandwich(es)- 557 cals



Protein greek yogurt
1 container- 139 cals

Dinner

810 cals, 60g protein, 67g net carbs, 28g fat



Orange & rosemary salmon
6 oz- 464 cals



Lentils
347 cals

Day 4

2596 cals ● 197g protein (30%) ● 108g fat (38%) ● 176g carbs (27%) ● 32g fiber (5%)

Breakfast

430 cals, 20g protein, 18g net carbs, 28g fat



Roasted cashews
1/8 cup(s)- 104 cals



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

330 cals, 23g protein, 25g net carbs, 14g fat



Blackberry & granola parfait
229 cals



Milk
2/3 cup(s)- 99 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

805 cals, 46g protein, 64g net carbs, 38g fat



Clam chowder
1 1/2 can(s)- 546 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

810 cals, 60g protein, 67g net carbs, 28g fat



Orange & rosemary salmon
6 oz- 464 cals



Lentils
347 cals

Day 5

2636 cals ● 181g protein (28%) ● 104g fat (36%) ● 209g carbs (32%) ● 34g fiber (5%)

Breakfast

360 cals, 11g protein, 54g net carbs, 8g fat



Orange
1 orange(s)- 85 cals



Instant oatmeal with milk
1 packet(s)- 276 cals

Snacks

330 cals, 23g protein, 25g net carbs, 14g fat



Blackberry & granola parfait
229 cals



Milk
2/3 cup(s)- 99 cals

Lunch

805 cals, 46g protein, 64g net carbs, 38g fat



Clam chowder
1 1/2 can(s)- 546 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

920 cals, 53g protein, 64g net carbs, 44g fat



Naan bread
1 piece(s)- 262 cals



Simple mixed greens salad
203 cals



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

2621 cals ● 172g protein (26%) ● 76g fat (26%) ● 280g carbs (43%) ● 32g fiber (5%)

Breakfast

360 cals, 11g protein, 54g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Instant oatmeal with milk

1 packet(s)- 276 cals

Lunch

890 cals, 59g protein, 71g net carbs, 39g fat



Couscous

352 cals



Baked pesto salmon

8 oz- 538 cals

Dinner

850 cals, 50g protein, 93g net carbs, 26g fat



Milk

1 cup(s)- 149 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals

Snacks

300 cals, 4g protein, 61g net carbs, 2g fat



Dried cranberries

1/4 cup- 136 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

2621 cals ● 172g protein (26%) ● 76g fat (26%) ● 280g carbs (43%) ● 32g fiber (5%)

Breakfast

360 cals, 11g protein, 54g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Instant oatmeal with milk

1 packet(s)- 276 cals

Lunch

890 cals, 59g protein, 71g net carbs, 39g fat



Couscous

352 cals



Baked pesto salmon

8 oz- 538 cals

Dinner

850 cals, 50g protein, 93g net carbs, 26g fat



Milk

1 cup(s)- 149 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals

Snacks

300 cals, 4g protein, 61g net carbs, 2g fat



Dried cranberries

1/4 cup- 136 cals



Instant oatmeal with water

1 packet(s)- 165 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Grocery List



Fruits and Fruit Juices

- avocados**
2 3/4 avocado(s) (553g)
- lime juice**
1 1/2 tbsp (23mL)
- applesauce**
2 to-go container (~4 oz) (244g)
- dried cranberries**
1 cup (160g)
- blackberries**
3/4 cup (108g)
- orange**
5 orange (770g)
- lemon juice**
1 tbsp (15mL)
- peach**
2 medium (2-2/3" dia) (300g)

Spices and Herbs

- salt**
1/4 oz (6g)
- black pepper**
1/2 tsp (0g)
- rosemary, dried**
1 tsp (1g)

Other

- mixed greens**
8 cup (240g)
- high fiber cereal**
1 1/3 cup (80g)
- meatless chik'n tenders**
12 pieces (306g)
- protein greek yogurt, flavored**
1 container (150g)
- cottage cheese & fruit cup**
4 container (680g)
- sub roll(s)**
3 roll(s) (255g)
- nutritional yeast**
1 tbsp (4g)
- vegan meatballs, frozen**
12 meatball(s) (360g)

Finfish and Shellfish Products

- canned tuna**
4 1/2 can (774g)

Nut and Seed Products

- chia seeds**
4 tsp (19g)
- roasted cashews**
1 cup (148g)

Cereal Grains and Pasta

- quinoa, uncooked**
4 tbsp (43g)
- instant couscous, flavored**
1 1/6 box (5.8 oz) (192g)

Beverages

- protein powder**
14 scoop (1/3 cup ea) (434g)
- water**
19 1/2 cup(s) (4622mL)

Baked Products

- english muffins**
1 muffin(s) (57g)
- bread**
4 slice (128g)
- naan bread**
1 piece(s) (90g)

Fats and Oils

- oil**
1 tsp (5mL)
- olive oil**
1/2 tbsp (8mL)
- salad dressing**
1/4 cup (68mL)

Breakfast Cereals

- granola**
3/4 cup (68g)
- flavored instant oatmeal**
5 packet (215g)

Legumes and Legume Products

- lentils, raw**
1 cup (192g)

Soups, Sauces, and Gravies

salmon
4 2/3 fillet/s (6 oz each) (793g)

pesto sauce
1/4 cup (59g)

canned clam chowder
3 can (18.5 oz) (1557g)

pasta sauce
3/4 cup (195g)

Vegetables and Vegetable Products

tomatoes
1 1/2 medium whole (2-3/5" dia) (188g)

onion
1 small (79g)

ketchup
3 tbsp (51g)

bell pepper
1 large (164g)

Dairy and Egg Products

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

butter
1/4 stick (24g)

whole milk
7 1/4 cup(s) (1740mL)

kefir, flavored
2 cup (480mL)

eggs
4 large (200g)

lowfat greek yogurt
1 1/2 cup (420g)

cheese
2 slice (1 oz each) (56g)

Breakfast 1 ↗

Eat on day 1 and day 2

Buttered english muffin

1/2 english muffin(s) - 106 cals ● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

english muffins
1/2 muffin(s) (29g)
butter
1 pat (1" sq, 1/3" high) (5g)

For all 2 meals:

english muffins
1 muffin(s) (57g)
butter
2 pat (1" sq, 1/3" high) (10g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

high fiber cereal
2/3 cup (40g)
whole milk
1/2 cup(s) (120mL)

For all 2 meals:

high fiber cereal
1 1/3 cup (80g)
whole milk
1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored

1 cup (240mL)

For all 2 meals:

kefir, flavored

2 cup (480mL)

1. Pour into a glass and drink.

Breakfast 2 ↗

Eat on day 3 and day 4

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp (17g)

For all 2 meals:

roasted cashews

4 tbsp (34g)

1. The recipe has no instructions.

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.

Basic fried eggs

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



For single meal:

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

For all 2 meals:

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

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
whole milk
3/4 cup(s) (180mL)

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
whole milk
2 1/4 cup(s) (540mL)

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

Lunch 1 ↗

Eat on day 1 and day 2

Roasted cashews

3/8 cup(s) - 348 cals ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



For single meal:

roasted cashews
6 2/3 tbsp (57g)

For all 2 meals:

roasted cashews
13 1/3 tbsp (114g)

1. The recipe has no instructions.

Crispy chick'n tenders

6 tender(s) - 343 cals ● 24g protein ● 14g fat ● 31g carbs ● 0g fiber



For single meal:

meatless chick'n tenders
6 pieces (153g)
ketchup
1 1/2 tbsp (26g)

For all 2 meals:

meatless chick'n tenders
12 pieces (306g)
ketchup
3 tbsp (51g)

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

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries
4 tbsp (40g)

For all 2 meals:

dried cranberries
1/2 cup (80g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

pesto sauce

1 tbsp (16g)

cheese

2 slice (1 oz each) (56g)

tomatoes

2 slice(s), thin/small (30g)

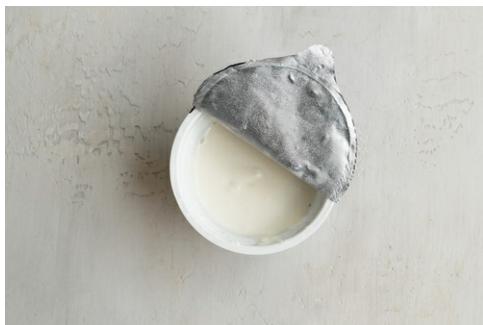
butter, softened

1 tbsp (14g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Lunch 3 ↗

Eat on day 4 and day 5

Clam chowder

1 1/2 can(s) - 546 cals ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



For single meal:

canned clam chowder
1 1/2 can (18.5 oz) (779g)

For all 2 meals:

canned clam chowder
3 can (18.5 oz) (1557g)

1. Prepare according to instructions on package.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4 ↗

Eat on day 6 and day 7

Couscous

352 cals ● 12g protein ● 1g fat ● 69g carbs ● 5g fiber



For single meal:

instant couscous, flavored
5/8 box (5.8 oz) (96g)

For all 2 meals:

instant couscous, flavored
1 1/6 box (5.8 oz) (192g)

1. Follow instructions on package.

Baked pesto salmon

8 oz - 538 cals ● 47g protein ● 38g fat ● 1g carbs ● 0g fiber



For single meal:

salmon
1 1/3 fillet/s (6 oz each) (227g)
pesto sauce
4 tsp (21g)

For all 2 meals:

salmon
2 2/3 fillet/s (6 oz each) (453g)
pesto sauce
2 2/3 tbsp (43g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Snacks 1 ↗

Eat on day 1 and day 2

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
chia seeds
2 tsp (9g)
quinoa, uncooked
2 tbsp (21g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
chia seeds
4 tsp (19g)
quinoa, uncooked
4 tbsp (43g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)
blackberries, roughly chopped
4 tbsp (36g)

For all 3 meals:

lowfat greek yogurt
1 1/2 cup (420g)
granola
3/4 cup (68g)
blackberries, roughly chopped
3/4 cup (108g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 3 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries
4 tbsp (40g)

For all 2 meals:

dried cranberries
1/2 cup (80g)

1. The recipe has no instructions.

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 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

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

Dinner 1 ↗

Eat on day 1 and day 2

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

For all 2 meals:

avocados
1 3/4 avocado(s) (352g)
lime juice
3 1/2 tsp (18mL)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
mixed greens
3 1/2 cup (105g)
canned tuna
3 1/2 can (602g)
tomatoes
14 tbsp, chopped (158g)
onion, minced
7/8 small (61g)

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 3 and day 4

Orange & rosemary salmon

6 oz - 464 cals ● 36g protein ● 27g fat ● 17g carbs ● 4g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
rosemary, dried
4 dash (1g)
orange
1 orange (154g)
lemon juice
1/2 tbsp (8mL)
olive oil
1/4 tbsp (4mL)
salt
2 dash (2g)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
rosemary, dried
1 tsp (1g)
orange
2 orange (308g)
lemon juice
1 tbsp (15mL)
olive oil
1/2 tbsp (8mL)
salt
4 dash (3g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Dinner 3 ↗

Eat on day 5

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

naan bread
1 piece(s) (90g)



1. The recipe has no instructions.

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)
canned tuna, drained
1 can (172g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Dinner 4 ↗

Eat on day 6 and day 7

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

sub roll(s)
1 1/2 roll(s) (128g)
nutritional yeast
1/2 tbsp (2g)
pasta sauce
6 tbsp (98g)
vegan meatballs, frozen
6 meatball(s) (180g)

For all 2 meals:

sub roll(s)
3 roll(s) (255g)
nutritional yeast
1 tbsp (4g)
pasta sauce
3/4 cup (195g)
vegan meatballs, frozen
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

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

1. The recipe has no instructions.