

Meal Plan - 1200 calorie low carb 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

1242 cals ● 91g protein (29%) ● 61g fat (44%) ● 52g carbs (17%) ● 32g fiber (10%)

Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



Cherry tomatoes

3 cherry tomatoes- 11 cals



Avocado

176 cals

Dinner

420 cals, 9g protein, 18g net carbs, 30g fat



Roasted peanuts

1/6 cup(s)- 153 cals



Roasted cabbage steaks with dressing

214 cals



Strawberries

1 cup(s)- 52 cals

Lunch

420 cals, 31g protein, 28g net carbs, 15g fat



Carrot & grounds stir fry

332 cals



Lentils

87 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

1250 cals ● 93g protein (30%) ● 62g fat (45%) ● 40g carbs (13%) ● 40g fiber (13%)

Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



Cherry tomatoes

3 cherry tomatoes- 11 cals



Avocado

176 cals

Dinner

375 cals, 30g protein, 19g net carbs, 14g fat



Vegan crumbles

1 1/2 cup(s)- 219 cals



Roasted carrots

3 carrots(s)- 158 cals

Lunch

470 cals, 12g protein, 16g net carbs, 32g fat



Zoodles with avocado sauce

353 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1183 cals ● 95g protein (32%) ● 61g fat (46%) ● 45g carbs (15%) ● 20g fiber (7%)

Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



Cherry tomatoes

3 cherry tomatoes- 11 cals



Avocado

176 cals

Lunch

355 cals, 19g protein, 16g net carbs, 21g fat



Simple mixed greens salad

136 cals



Peanut tempeh

2 oz tempeh- 217 cals

Dinner

425 cals, 25g protein, 24g net carbs, 24g fat



Lemon pepper tofu

10 1/2 oz- 378 cals



Mixed vegetables

1/2 cup(s)- 49 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1209 cals ● 104g protein (34%) ● 52g fat (38%) ● 65g carbs (22%) ● 17g fiber (6%)

Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast

1 toast(s)- 203 cals

Lunch

360 cals, 22g protein, 26g net carbs, 16g fat



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Dinner

425 cals, 25g protein, 24g net carbs, 24g fat



Lemon pepper tofu

10 1/2 oz- 378 cals



Mixed vegetables

1/2 cup(s)- 49 cals

Day 5

1183 cals ● 102g protein (34%) ● 49g fat (38%) ● 54g carbs (18%) ● 29g fiber (10%)

Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Lunch

380 cals, 21g protein, 26g net carbs, 16g fat



Bbq tempeh lettuce wrap
2 lettuce wrap(s)- 165 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Simple salad with tomatoes and carrots
98 cals

Dinner

380 cals, 25g protein, 11g net carbs, 22g fat



Basic tempeh
4 oz- 295 cals



Sautéed garlic & herb tomatoes
85 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1163 cals ● 95g protein (33%) ● 58g fat (45%) ● 49g carbs (17%) ● 17g fiber (6%)

Breakfast

205 cals, 6g protein, 7g net carbs, 16g fat



Super simple green smoothie
115 cals



Sunflower seeds
90 cals

Lunch

360 cals, 16g protein, 28g net carbs, 19g fat



Crispy chik'n tenders
3 tender(s)- 171 cals



Simple mixed greens and tomato salad
189 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Dinner

380 cals, 25g protein, 11g net carbs, 22g fat



Basic tempeh
4 oz- 295 cals



Sautéed garlic & herb tomatoes
85 cals

Day 7

1204 cals ● 93g protein (31%) ● 55g fat (41%) ● 66g carbs (22%) ● 19g fiber (6%)

Breakfast

205 cals, 6g protein, 7g net carbs, 16g fat



Super simple green smoothie
115 cals



Sunflower seeds
90 cals

Dinner

420 cals, 23g protein, 28g net carbs, 19g fat



Veggie burger patty
2 patty- 254 cals



Pan roasted zucchini
166 cals

Lunch

360 cals, 16g protein, 28g net carbs, 19g fat



Crispy chik'n tenders
3 tender(s)- 171 cals



Simple mixed greens and tomato salad
189 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Grocery List



Vegetables and Vegetable Products

- tomatoes**
6 medium whole (2-3/5" dia) (727g)
- carrots**
5 1/2 medium (327g)
- garlic**
1 1/3 clove(s) (4g)
- onion**
1/3 large (50g)
- fresh cilantro**
1 tbsp, chopped (3g)
- cabbage**
1/4 head, small (about 4-1/2" dia) (179g)
- zucchini**
1 1/2 large (438g)
- frozen mixed veggies**
1 cup (135g)
- romaine lettuce**
3/8 head (262g)
- bell pepper**
1/4 small (19g)
- ketchup**
1 1/2 tbsp (26g)
- fresh spinach**
1/2 cup(s) (15g)

Fruits and Fruit Juices

- avocados**
2 1/4 avocado(s) (452g)
- lemon juice**
1 1/2 fl oz (45mL)
- lime juice**
1 tsp (5mL)
- strawberries**
1 cup, whole (144g)
- lemon**
1 1/2 small (87g)
- raspberries**
20 raspberries (38g)
- pineapple, frozen**
1/2 cup, chunks (83g)

Legumes and Legume Products

- vegetarian burger crumbles**
3/4 package (12 oz) (263g)
- soy sauce**
3/4 oz (17mL)
- lentils, raw**
2 tbsp (24g)

Spices and Herbs

- crushed red pepper**
1 1/2 dash (0g)
- salt**
1 tsp (7g)
- black pepper**
4 1/4 g (4g)
- fresh basil**
3/4 cup leaves, whole (18g)
- lemon pepper**
1/4 tbsp (2g)
- oregano, dried**
4 dash, ground (1g)
- garlic powder**
4 dash (2g)

Fats and Oils

- oil**
2 1/2 oz (72mL)
- ranch dressing**
1 tbsp (15mL)
- salad dressing**
2/3 cup (169mL)
- olive oil**
2 tbsp (30mL)

Other

- italian seasoning**
1/4 container (.75 oz) (5g)
- mixed greens**
10 1/2 cup (315g)
- nutritional yeast**
1/4 tbsp (1g)
- coleslaw mix**
1/2 cup (45g)
- meatless chik'n tenders**
6 pieces (153g)
- veggie burger patty**
2 patty (142g)

Cereal Grains and Pasta

- cornstarch**
3 tbsp (24g)

Baked Products

- bread**
2 slice(s) (64g)

- roasted peanuts**
6 3/4 tbsp (61g)
- tempeh**
3/4 lbs (340g)
- peanut butter**
1 oz (32g)
- firm tofu**
1 1/3 lbs (595g)

Beverages

- water**
14 3/4 cup (3533mL)
- protein powder**
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- almond butter**
2 tbsp (32g)
- flax seeds**
2 dash (2g)
- coconut milk, canned**
6 tbsp (91mL)
- sunflower kernels**
1 oz (28g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)**
1 can (~19 oz) (526g)
- barbecue sauce**
1 tbsp (17g)

Snacks

- rice cakes, any flavor**
1/2 cakes (5g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 3 meals:

tomatoes

9 cherry tomatoes (153g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 ↗

Eat on day 4 and day 5

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

bread
1 slice(s) (32g)
almond butter
1 tbsp (16g)
flax seeds
1 dash (1g)
raspberries
10 raspberries (19g)

For all 2 meals:

bread
2 slice(s) (64g)
almond butter
2 tbsp (32g)
flax seeds
2 dash (2g)
raspberries
20 raspberries (38g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Super simple green smoothie

115 cals ● 1g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

fresh spinach
1/4 cup(s) (8g)
coconut milk, canned
3 tbsp (45mL)
pineapple, frozen
4 tbsp, chunks (41g)

For all 2 meals:

fresh spinach
1/2 cup(s) (15g)
coconut milk, canned
6 tbsp (90mL)
pineapple, frozen
1/2 cup, chunks (83g)

1. Blend coconut milk and spinach in a blender until completely smooth.
2. Add frozen pineapple chunks and blend again, until smooth.
3. Serve.

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. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

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,

Lentils

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



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

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.

Lunch 2 ↗

Eat on day 2

Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



water
1/4 cup(s) (59mL)
lemon juice
2 1/4 tbsp (34mL)
fresh basil
3/4 cup leaves, whole (18g)
tomatoes, halved
7 1/2 cherry tomatoes (128g)
zucchini
3/4 large (242g)
avocados, peeled and seed removed
3/4 avocado(s) (151g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Roasted peanuts

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

Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)



1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 3

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Peanut tempeh

2 oz tempeh - 217 cals ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



Makes 2 oz tempeh

tempeh
2 oz (57g)
peanut butter
1 tbsp (16g)
lemon juice
1/4 tbsp (4mL)
soy sauce
1/2 tsp (3mL)
nutritional yeast
1/4 tbsp (1g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Lunch 4 ↗

Eat on day 4

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

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



Makes 1/8 cup(s)

roasted peanuts

2 tbsp (18g)

1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 5

Bbq tempeh lettuce wrap

2 lettuce wrap(s) - 165 cals ● 13g protein ● 4g fat ● 13g carbs ● 6g fiber



Makes 2 lettuce wrap(s)

oil

1/4 tsp (1mL)

coleslaw mix

1/2 cup (45g)

barbecue sauce

1 tbsp (17g)

romaine lettuce

2 leaf inner (12g)

tempeh, cubed

2 oz (57g)

bell pepper, deseeded and sliced

1/4 small (19g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

Simple salad with tomatoes and carrots

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



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

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

Lunch 6 ↗

Eat on day 6 and day 7

Crispy chick'n tenders

3 tender(s) - 171 cals ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



For single meal:

meatless chick'n tenders
3 pieces (77g)
ketchup
3/4 tbsp (13g)

For all 2 meals:

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

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

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

salad dressing

1/4 cup (56mL)

For all 2 meals:

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

salad dressing

1/2 cup (113mL)

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

Dinner 1 ↗

Eat on day 1

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts

2 2/3 tbsp (24g)

1. The recipe has no instructions.



Roasted cabbage steaks with dressing

214 cals ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



salt
2 dash (2g)
black pepper
2 dash, ground (1g)
italian seasoning
2 dash (1g)
ranch dressing
1 tbsp (15mL)
oil
3/4 tbsp (11mL)
cabbage
1/4 head, small (about 4-1/2" dia)
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

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.

Dinner 2 ↗

Eat on day 2

Vegan crumbles

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



Makes 1 1/2 cup(s)
vegetarian burger crumbles
1 1/2 cup (150g)

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

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

oil
1/2 tbsp (8mL)
carrots, sliced
3 large (216g)

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.

Dinner 3

Eat on day 3 and day 4

Lemon pepper tofu

10 1/2 oz - 378 cals ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



For single meal:

cornstarch
1 1/2 tbsp (12g)
oil
3/4 tbsp (11mL)
lemon pepper
3 dash (1g)
lemon, zested
3/4 small (44g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

cornstarch
3 tbsp (24g)
oil
1 1/2 tbsp (23mL)
lemon pepper
1/4 tbsp (2g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies
1/2 cup (68g)

For all 2 meals:

frozen mixed veggies
1 cup (135g)

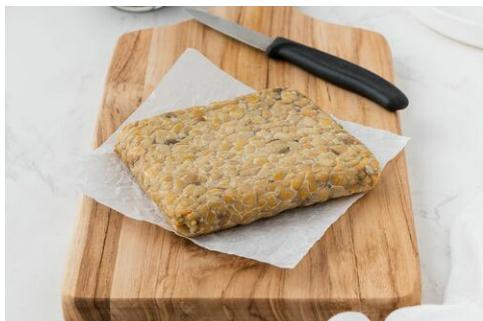
1. Prepare according to instructions on package.

Dinner 4 ↗

Eat on day 5 and day 6

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

1. Slice tempeh 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.

Sauteed garlic & herb tomatoes

85 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper
1/3 dash, ground (0g)
olive oil
1/2 tbsp (8mL)
tomatoes
1/3 pint, cherry tomatoes (99g)
italian seasoning
4 dash (2g)
salt
1 1/3 dash (1g)
garlic, minced
1/3 clove(s) (1g)

For all 2 meals:

black pepper
2/3 dash, ground (0g)
olive oil
1 tbsp (15mL)
tomatoes
2/3 pint, cherry tomatoes (199g)
italian seasoning
1 tsp (4g)
salt
1/3 tsp (2g)
garlic, minced
2/3 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Dinner 5 ↗

Eat on day 7

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.

Pan roasted zucchini

166 cals ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



zucchini

1 medium (196g)
black pepper
1/2 tbsp, ground (3g)
oregano, dried
4 dash, ground (1g)
garlic powder
4 dash (2g)
salt
4 dash (3g)
olive oil
1 tbsp (15mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. 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.