

Meal Plan - vegan meal plan with over 100g protein



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

1164 cals ● 103g protein (35%) ● 29g fat (23%) ● 90g carbs (31%) ● 32g fiber (11%)

Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Small granola bar
2 bar(s)- 238 cals

Lunch

380 cals, 21g protein, 25g net carbs, 16g fat



Basic tempeh
2 oz- 148 cals



Garlic collard greens
159 cals



White rice
1/3 cup rice, cooked- 73 cals

Dinner

250 cals, 16g protein, 30g net carbs, 2g fat



Lentil pasta
252 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2

1182 cals ● 117g protein (40%) ● 42g fat (32%) ● 66g carbs (22%) ● 20g fiber (7%)

Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Small granola bar
2 bar(s)- 238 cals

Lunch

365 cals, 22g protein, 23g net carbs, 19g fat



Chik'n satay with peanut sauce
2 skewers- 233 cals



Simple mixed greens and tomato salad
76 cals



White rice
1/4 cup rice, cooked- 55 cals

Dinner

285 cals, 29g protein, 8g net carbs, 11g fat



Simple mixed greens salad
68 cals



Vegan crumbles
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

1221 cals ● 105g protein (35%) ● 40g fat (30%) ● 86g carbs (28%) ● 24g fiber (8%)

Breakfast

260 cals, 6g protein, 32g net carbs, 10g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small granola bar

2 bar(s)- 238 cals

Dinner

330 cals, 17g protein, 26g net carbs, 13g fat



Vegan chili con 'carne'

218 cals



Simple mixed greens and tomato salad

113 cals

Lunch

360 cals, 22g protein, 25g net carbs, 16g fat



Roasted almonds

1/8 cup(s)- 111 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 4

1187 cals ● 110g protein (37%) ● 42g fat (32%) ● 68g carbs (23%) ● 23g fiber (8%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Lunch

360 cals, 22g protein, 25g net carbs, 16g fat



Roasted almonds

1/8 cup(s)- 111 cals



Chunky canned soup (non-creamy)

1 can(s)- 247 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Dinner

330 cals, 17g protein, 26g net carbs, 13g fat



Vegan chili con 'carne'

218 cals



Simple mixed greens and tomato salad

113 cals

Day 5

1219 cals ● 114g protein (37%) ● 44g fat (32%) ● 77g carbs (25%) ● 15g fiber (5%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

395 cals, 32g protein, 24g net carbs, 16g fat



Baked tofu
10 2/3 oz- 302 cals



Vegan buttered corn
94 cals

Dinner

325 cals, 10g protein, 36g net carbs, 14g fat



Fruit juice
3/4 cup(s)- 86 cals



Roasted almonds
1/8 cup(s)- 111 cals



Bbq tofu & pineapple bowl
130 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

1230 cals ● 111g protein (36%) ● 33g fat (24%) ● 104g carbs (34%) ● 17g fiber (5%)

Breakfast

235 cals, 8g protein, 42g net carbs, 2g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Nectarine
1 nectarine(s)- 70 cals



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

Dinner

325 cals, 10g protein, 36g net carbs, 14g fat



Fruit juice
3/4 cup(s)- 86 cals



Roasted almonds
1/8 cup(s)- 111 cals



Bbq tofu & pineapple bowl
130 cals

Lunch

395 cals, 32g protein, 24g net carbs, 16g fat



Baked tofu
10 2/3 oz- 302 cals



Vegan buttered corn
94 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

1196 cals ● 101g protein (34%) ● 25g fat (19%) ● 125g carbs (42%) ● 17g fiber (6%)

Breakfast

235 cals, 8g protein, 42g net carbs, 2g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Nectarine

1 nectarine(s)- 70 cals



Medium toasted bagel with 'butter'

1/2 bagel(s)- 145 cals

Dinner

330 cals, 23g protein, 29g net carbs, 11g fat



Lentils

174 cals



Cajun tofu

157 cals

Lunch

355 cals, 10g protein, 52g net carbs, 10g fat



Fruit juice

1 cup(s)- 115 cals



Grilled peanut butter and banana sandwich

1/2 sandwich(es)- 243 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Grocery List



Vegetables and Vegetable Products

- tomatoes**
7 medium whole (2-3/5" dia) (863g)
- collard greens**
1/2 lbs (227g)
- garlic**
2 1/4 clove(s) (7g)
- fresh ginger**
4 1/2 g (5g)
- onion**
1/4 medium (2-1/2" dia) (28g)
- canned stewed tomatoes**
1/4 can (~14.5 oz) (101g)
- bell pepper**
1/2 medium (60g)
- broccoli**
1/2 cup chopped (46g)
- frozen corn kernels**
1 1/3 cup (181g)

Snacks

- small granola bar**
6 bar (150g)
- high-protein granola bar**
2 bar (80g)

Beverages

- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)
- water**
19 cup(s) (4477mL)

Legumes and Legume Products

- tempeh**
2 oz (57g)
- vegetarian burger crumbles**
2/3 package (12 oz) (235g)
- peanut butter**
5 tsp (27g)
- lentils, raw**
6 tbsp (72g)
- kidney beans**
1/4 can (112g)
- firm tofu**
1/2 lbs (255g)
- soy sauce**
2/3 cup (161mL)

Cereal Grains and Pasta

- long-grain white rice**
3 tbsp (36g)

Soups, Sauces, and Gravies

- pasta sauce**
1/8 jar (24 oz) (84g)
- chunky canned soup (non-creamy varieties)**
2 can (~19 oz) (1052g)
- vegetable broth**
1/4 cup(s) (mL)
- barbecue sauce**
2 tbsp (35g)

Other

- lentil pasta**
2 oz (57g)
- mixed greens**
7 1/2 cup (225g)
- sesame oil**
1 tsp (5mL)
- vegan chick'n strips**
2 2/3 oz (76g)
- skewer(s)**
2 skewer(s) (2g)
- vegan butter**
1 tbsp (14g)

Fruits and Fruit Juices

- lime juice**
1/2 tbsp (8mL)
- fruit juice**
20 fl oz (600mL)
- canned pineapple**
1/2 cup, chunks (91g)
- nectarine**
2 medium (2-1/2" dia) (284g)
- banana**
1/2 medium (7" to 7-7/8" long) (59g)

Nut and Seed Products

- almonds**
1/2 cup, whole (72g)
- sesame seeds**
4 tsp (12g)

Baked Products

extra firm tofu
1 1/3 lbs (605g)

bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Fats and Oils

oil
1 oz (28mL)

salad dressing
1/2 cup (113mL)

cooking spray
1/2 spray(s) , about 1/3 second each (0g)

bread
1 slice (32g)

Spices and Herbs

salt
1 1/2 g (2g)

ground cumin
2 dash (1g)

chili powder
2 dash (1g)

black pepper
1 dash (0g)

cajun seasoning
4 dash (1g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar

2 bar (50g)

For all 3 meals:

small granola bar

6 bar (150g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

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.

Breakfast 3 ↗

Eat on day 6 and 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.

Nectarine

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



For single meal:

nectarine, pitted

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

For all 2 meals:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

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.

Lunch 1 ↗

Eat on day 1

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

tempeh
2 oz (57g)
oil
1 tsp (5mL)

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.

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
salt
1 dash (1g)
garlic, minced
1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

White rice

1/3 cup rice, cooked - 73 cals ● 1g protein ● 0g fat ● 16g carbs ● 0g fiber

Makes 1/3 cup rice, cooked



water

1/4 cup(s) (53mL)

long-grain white rice

1 3/4 tbsp (21g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 2 ↗

Eat on day 2

Chik'n satay with peanut sauce

2 skewers - 233 cals ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



Makes 2 skewers

peanut butter

2 tsp (11g)

lime juice

1/2 tbsp (7mL)

sesame oil

1 tsp (5mL)

vegan chik'n strips

2 2/3 oz (76g)

skewer(s)

2 skewer(s) (2g)

fresh ginger, grated or minced

1/3 inch (2.5cm) cube (2g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

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

White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber

Makes 1/4 cup rice, cooked



water
1/6 cup(s) (39mL)
long-grain white rice
4 tsp (15g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 3 ↗

Eat on day 3 and day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

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



For single meal:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 4 ↗

Eat on day 5 and day 6

Baked tofu

10 2/3 oz - 302 cals ● 29g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

soy sauce

1/3 cup (80mL)

sesame seeds

2 tsp (6g)

extra firm tofu

2/3 lbs (302g)

fresh ginger, peeled and grated

2/3 slices (1" dia) (1g)

For all 2 meals:

soy sauce

2/3 cup (160mL)

sesame seeds

4 tsp (12g)

extra firm tofu

1 1/3 lbs (605g)

fresh ginger, peeled and grated

1 1/3 slices (1" dia) (3g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Vegan buttered corn

94 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
vegan butter
1/4 tbsp (4g)
frozen corn kernels
2/3 cup (91g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
vegan butter
1/2 tbsp (7g)
frozen corn kernels
1 1/3 cup (181g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Lunch 5

Eat on day 7

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber

Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.



Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

bread
1 slice (32g)
peanut butter
1 tbsp (16g)
cooking spray
1/2 spray(s) , about 1/3 second each (0g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Dinner 1 ↗

Eat on day 1

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 2 ↗

Eat on day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

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.

Dinner 3 ↗

Eat on day 3 and day 4

Vegan chili con 'carne'

218 cals ● 15g protein ● 6g fat ● 18g carbs ● 8g fiber



For single meal:

oil
1/4 tbsp (4mL)
lentils, raw
1 tbsp (12g)
vegetarian burger crumbles
1/8 package (12 oz) (43g)
ground cumin
1 dash (0g)
chili powder
1 dash (0g)
vegetable broth
1/8 cup(s) (mL)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
canned stewed tomatoes
1/8 can (~14.5 oz) (51g)
garlic, minced
3/8 clove(s) (1g)
kidney beans, drained and rinsed
1/8 can (56g)
bell pepper, chopped
1/4 medium (30g)

For all 2 meals:

oil
1/2 tbsp (8mL)
lentils, raw
2 tbsp (24g)
vegetarian burger crumbles
1/4 package (12 oz) (85g)
ground cumin
2 dash (1g)
chili powder
2 dash (1g)
vegetable broth
1/4 cup(s) (mL)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
canned stewed tomatoes
1/4 can (~14.5 oz) (101g)
garlic, minced
3/4 clove(s) (2g)
kidney beans, drained and rinsed
1/4 can (112g)
bell pepper, chopped
1/2 medium (60g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Dinner 4 ↗

Eat on day 5 and day 6

Fruit juice

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

For single meal:



fruit juice
6 fl oz (180mL)

For all 2 meals:

fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

For single meal:



almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Bbq tofu & pineapple bowl

130 cals ● 5g protein ● 5g fat ● 16g carbs ● 1g fiber



For single meal:

broccoli
4 tbsp chopped (23g)
firm tofu
2 oz (57g)
canned pineapple
4 tbsp, chunks (45g)
barbecue sauce
1 tbsp (17g)
oil
3/8 tsp (2mL)

For all 2 meals:

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

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.

Dinner 5

Eat on day 7

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

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.

Cajun tofu

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



cajun seasoning
4 dash (1g)
oil
1 tsp (5mL)
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.

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.