

Every stack is different.

Sixteen days of protein, food by food. Find the one that looks like yours.

FIND YOURS

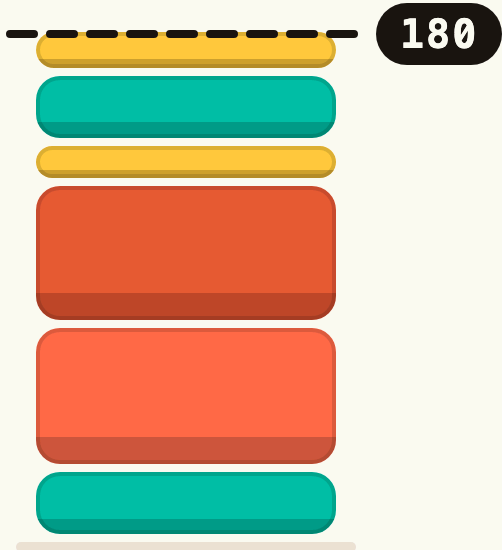
LIFTER	180 G	P2	OVER 60	100 G	P4
PLANT-BASED	110 G	P2	VEGETARIAN	110 G	P4
ON A GLP-1	100 G	P2	CYCLIST	120 G	P4
RUNNER	110 G	P2	SWIMMER	120 G	P4
NEW PARENT	100 G	P3	CLIMBER	110 G	P5
PESCATARIAN	120 G	P3	DANCER	90 G	P5
NIGHT SHIFT	130 G	P3	OFFICE JOB	100 G	P5
STUDENT	110 G	P3	COACH	150 G	P5

Each block is one food. Its height is the protein it adds. The line is that person’s daily target.

Example days, not a plan: the targets are theirs, not a recommendation. Protein per portion from USDA FoodData Central (SR Legacy), the same numbers Slab uses.



Stack your own in one tap.
First month free on the App Store.

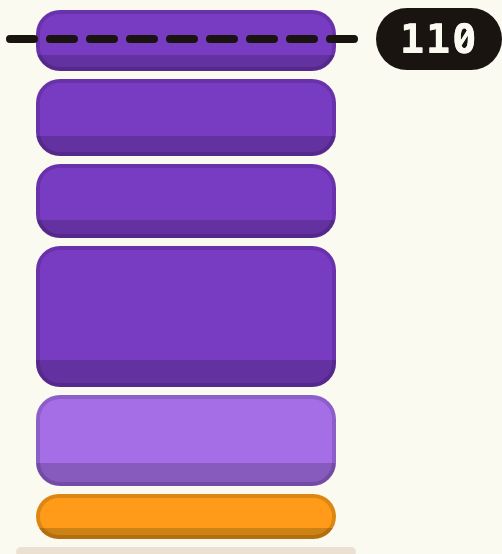


LIFTER

180 G A DAY

Whey shake	1 scoop · 31 g	24 g
Chicken breast	1 breast · 172 g	53 g
Sirloin	6 oz · 170 g	52 g
2 eggs	2 large · 100 g	13 g
Whey shake	1 scoop · 31 g	24 g
Cottage cheese	1/2 cup · 113 g	14 g

PROTEIN180 g

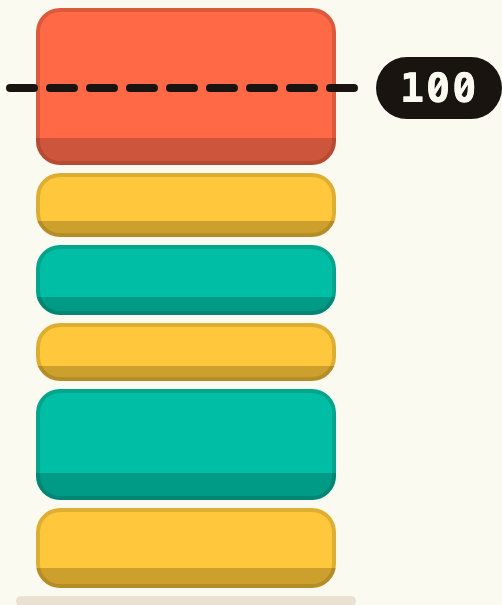


PLANT-BASED

110 G A DAY

Oats	1 cup dry · 81 g	11 g
Tofu	1/2 block · 126 g	22 g
Tempeh	1 cup · 166 g	34 g
Lentils	1 cup · 198 g	18 g
Edamame	1 cup · 155 g	18 g
Chickpeas	1 cup · 164 g	15 g

PROTEIN118 g

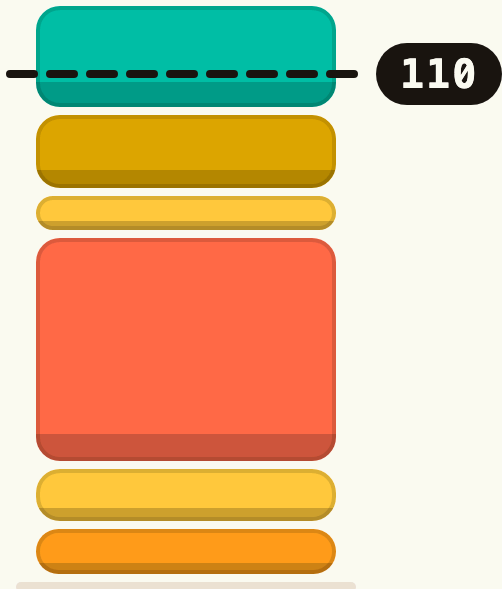


ON A GLP-1

100 G A DAY

Greek yogurt	1 container · 170 g	17 g
Whey shake	1 scoop · 31 g	24 g
2 eggs	2 large · 100 g	13 g
Protein bar	1 bar · 50 g	15 g
Cottage cheese	1/2 cup · 113 g	14 g
Turkey	4 oz · 113 g	34 g

PROTEIN117 g

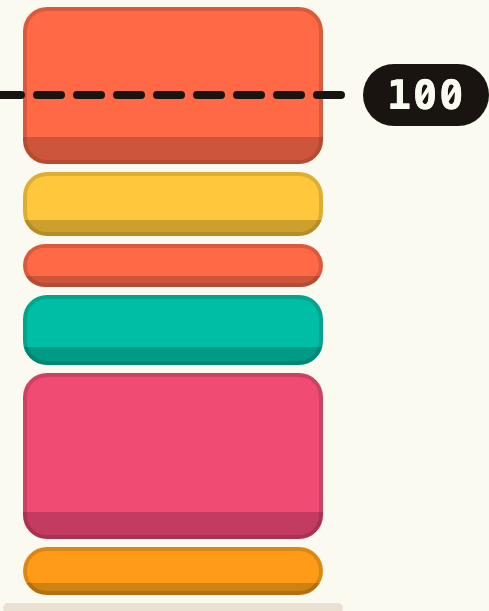


RUNNER

110 G A DAY

Oats	1 cup dry · 81 g	11 g
2 eggs	2 large · 100 g	13 g
Chicken breast	1 breast · 172 g	53 g
Milk	1 cup · 244 g	8 g
Greek yogurt	1 container · 170 g	17 g
Whey shake	1 scoop · 31 g	24 g

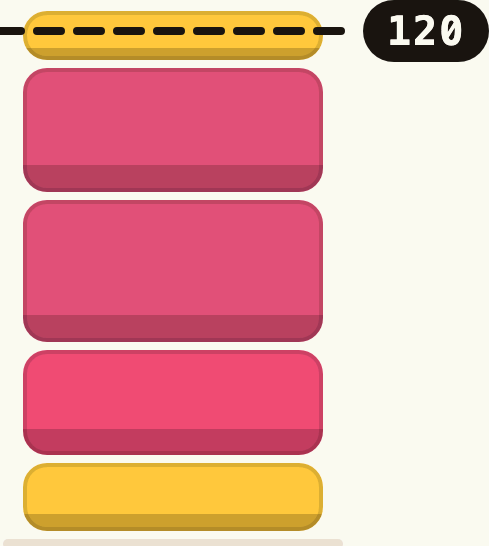
PROTEIN126 g



NEW PARENT

100 G A DAY

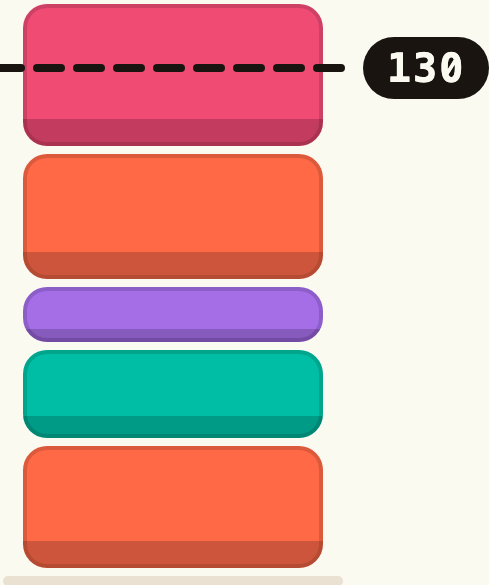
Bagel	1 bagel · 98 g	10 g
Tuna	1 can drained · 142 g	36 g
Protein bar	1 bar · 50 g	15 g
Jerky	1 oz · 28 g	9 g
Cottage cheese	1/2 cup · 113 g	14 g
Turkey	4 oz · 113 g	34 g
PROTEIN		118 g



PESCATARIAN

120 G A DAY

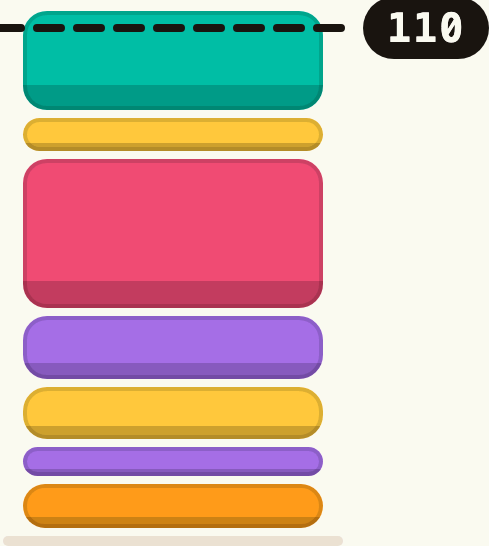
Greek yogurt	1 container · 170 g	17 g
Shrimp	4 oz · 113 g	27 g
Tuna	1 can drained · 142 g	36 g
Cod	1 fillet · 140 g	32 g
2 eggs	2 large · 100 g	13 g
PROTEIN		125 g



NIGHT SHIFT

130 G A DAY

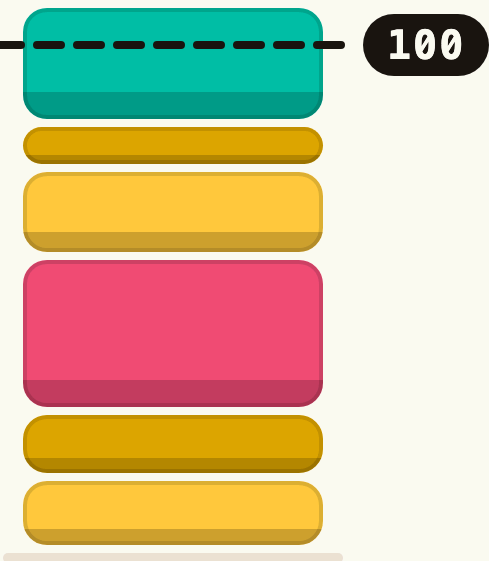
Turkey	4 oz · 113 g	34 g
Whey shake	1 scoop · 31 g	24 g
Black beans	1 cup · 172 g	15 g
Pork chop	1 chop · 130 g	35 g
Salmon	1 fillet · 178 g	39 g
PROTEIN		147 g



STUDENT

110 G A DAY

Oats	1 cup dry · 81 g	11 g
Peanut butter	2 tbsp · 32 g	7 g
2 eggs	2 large · 100 g	13 g
Black beans	1 cup · 172 g	15 g
Tuna	1 can drained · 142 g	36 g
Milk	1 cup · 244 g	8 g
Whey shake	1 scoop · 31 g	24 g
PROTEIN		114 g



OVER 60

100 G A DAY

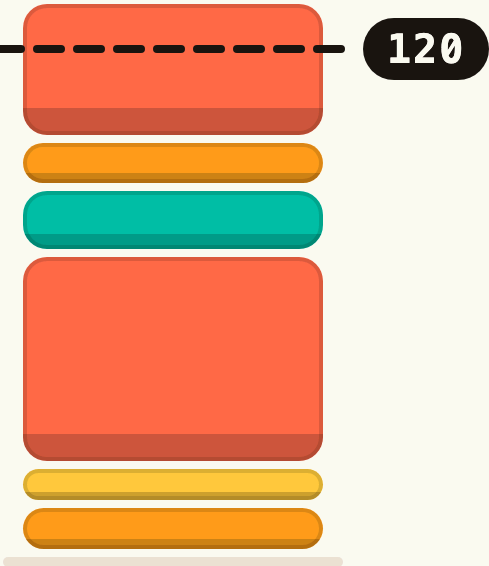
Cottage cheese	1/2 cup · 113 g	14 g
2 eggs	2 large · 100 g	13 g
Cod	1 fillet · 140 g	32 g
Greek yogurt	1 container · 170 g	17 g
Milk	1 cup · 244 g	8 g
Whey shake	1 scoop · 31 g	24 g
PROTEIN		108 g



VEGETARIAN

110 G A DAY

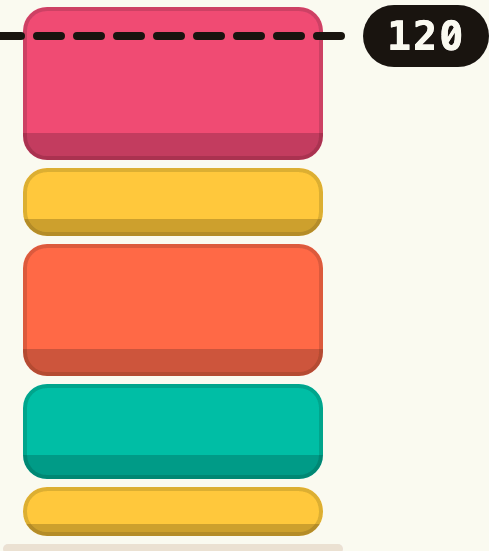
Greek yogurt	1 container · 170 g	17 g
2 eggs	2 large · 100 g	13 g
Tempeh	1 cup · 166 g	34 g
Cottage cheese	1/2 cup · 113 g	14 g
Lentils	1 cup · 198 g	18 g
Edamame	1 cup · 155 g	18 g
PROTEIN		114 g



CYCLIST

120 G A DAY

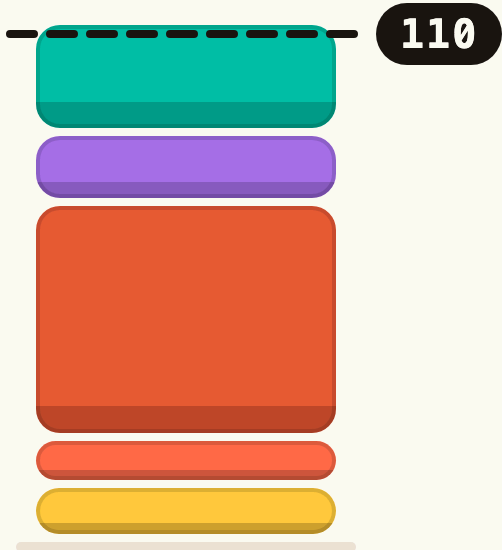
Oats	1 cup dry · 81 g	11 g
Milk	1 cup · 244 g	8 g
Chicken breast	1 breast · 172 g	53 g
Protein bar	1 bar · 50 g	15 g
Bagel	1 bagel · 98 g	10 g
Turkey	4 oz · 113 g	34 g
PROTEIN		131 g



SWIMMER

120 G A DAY

2 eggs	2 large · 100 g	13 g
Whey shake	1 scoop · 31 g	24 g
Turkey	4 oz · 113 g	34 g
Greek yogurt	1 container · 170 g	17 g
Salmon	1 fillet · 178 g	39 g
PROTEIN		127 g

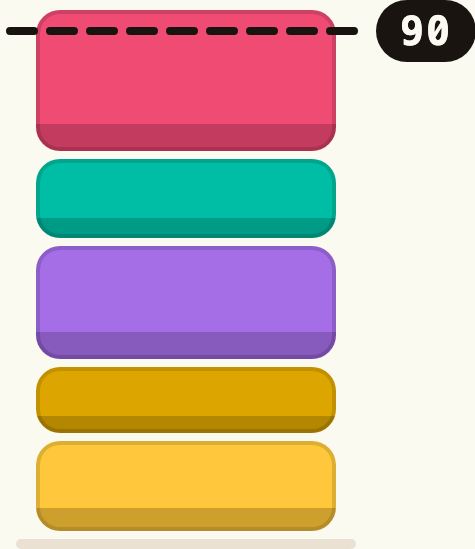


CLIMBER

110 G A DAY

Egg whites	3 whites · 99 g	11 g
Jerky	1 oz · 28 g	9 g
Chicken breast	1 breast · 172 g	53 g
Chickpeas	1 cup · 164 g	15 g
Whey shake	1 scoop · 31 g	24 g

PROTEIN	112 g
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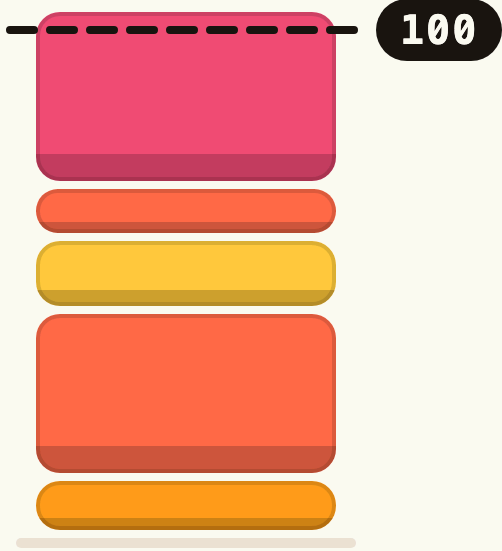


DANCER

90 G A DAY

Greek yogurt	1 container · 170 g	17 g
2 eggs	2 large · 100 g	13 g
Tofu	1/2 block · 126 g	22 g
Protein bar	1 bar · 50 g	15 g
Shrimp	4 oz · 113 g	27 g

PROTEIN	94 g
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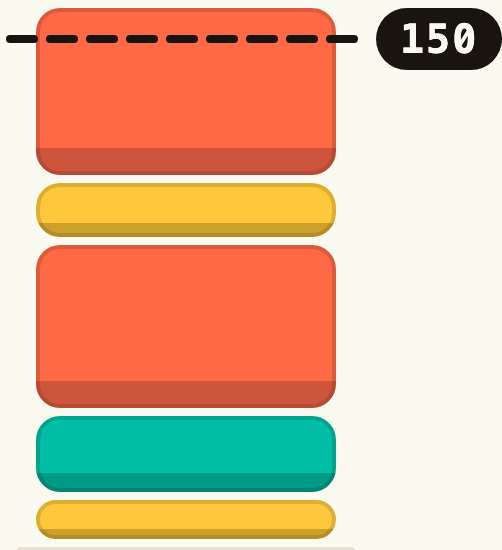


OFFICE JOB

100 G A DAY

Bagel	1 bagel · 98 g	10 g
Turkey	4 oz · 113 g	34 g
Cottage cheese	1/2 cup · 113 g	14 g
Jerky	1 oz · 28 g	9 g
Tuna	1 can drained · 142 g	36 g

PROTEIN	103 g
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COACH

150 G A DAY

2 eggs	2 large · 100 g	13 g
Whey shake	1 scoop · 31 g	24 g
Sirloin	6 oz · 170 g	52 g
Greek yogurt	1 container · 170 g	17 g
Chicken breast	1 breast · 172 g	53 g

PROTEIN	159 g
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