

Your Meal Plan

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Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

If these links don't work, scroll to the bottom to make sure the whole email is loaded.

Day 1

1169 Calories • 135g Carbs (45g Fiber) • 51g Fat • 36g Protein

BREAKFAST

357 Cal • 11g Carbs (28g Fiber) • 25g Fat • 13g Protein



Raspberry Chia Seed Pudding
1 serving • 357 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup (8 fl oz) Coconut Milk
Unsweetened
1/2 cup Raspberries
4 tbsp Chia Seeds

LUNCH

381 Cal • 58g Carbs (6g Fiber) • 14g Fat • 10g Protein



Grapes
1 cup • 104 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Grapes



Granola
2 ounce • 277 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz Granola

DINNER

430 Cal • 67g Carbs (11g Fiber) • 13g Fat • 14g Protein



Vegan Buffalo Chickpea
Taquitos
1 serving • 430 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1
serving now, save 2 serving for
leftovers):
1 1/2 cup Chickpeas
1/4 can Artichoke Hearts, Quarters
4 tbsp Pepper or hot sauce
9 tortilla medium (approx 6" dia)
Tortillas
1/2 fruit Avocados
1 tbsp Lime juice

Day 2

1257 Calories • 144g Carbs (25g Fiber) • 62g Fat • 42g Protein

BREAKFAST

367 Cal • 29g Carbs (6g Fiber) • 26g Fat • 8g Protein



Pecans
1 ounce • 196 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:
1 oz (19 halves per) Pecans



Vegan French Toast
1 slice • 171 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 slice:
1/2 cup Almond milk
1 tbsp Wheat flour
3/4 tsp Sugar
1/4 tsp Cinnamon
1 slice Whole-wheat bread
1/4 tbsp Vegetable oil

LUNCH

430 Cal • 67g Carbs (11g Fiber) • 13g Fat • 14g Protein



Vegan Buffalo Chickpea Taquitos
1 serving • 430 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

461 Cal • 49g Carbs (8g Fiber) • 23g Fat • 20g Protein



Canned Vegetable Soup with Tofu
2 cups • 272 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cups:
1 can (10.5 oz) Vegetarian vegetable soup
150 grams Tofu
2 tbsp Parsley



Green Beans with Olive Oil
2 serving • 189 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 1/4 cup 1/2" pieces Green beans
1 tbsp Olive oil
1/2 tsp Salt

Day 3

1160 Calories • 123g Carbs (48g Fiber) • 55g Fat • 41g Protein

BREAKFAST

357 Cal • 11g Carbs (28g Fiber) • 25g Fat • 13g Protein



Raspberry Chia Seed Pudding
1 serving • 357 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup (8 fl oz) Coconut Milk Unsweetened
1/2 cup Raspberries
4 tbsp Chia Seeds

LUNCH

430 Cal • 67g Carbs (11g Fiber) • 13g Fat • 14g Protein



Vegan Buffalo Chickpea Taquitos
1 serving • 430 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

372 Cal • 45g Carbs (10g Fiber) • 17g Fat • 14g Protein

**Garlic Green Beans with Tofu**

1 serving • 261 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1 tbsp Olive oil
- 2 cloves, minced Garlic
- 1/4 lb Tofu
- 2 cup 1/2" pieces Green beans

**Microwaved sweet potato**

1 potato • 112 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 potato:

- 1 sweetpotato, 5" long Sweet potato

Day 4

1148 Calories • 143g Carbs (30g Fiber) • 49g Fat • 59g Protein

BREAKFAST

270 Cal • 57g Carbs (11g Fiber) • 4g Fat • 7g Protein

**Oatmeal and Apples**

1 bowl • 270 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:

- 1/2 cup Oatmeal
- 1 tsp brownulated Brown sugar
- 1 medium (3" dia) Apples
- 1 cup Pure Almond Almondmilk

LUNCH

407 Cal • 60g Carbs (9g Fiber) • 19g Fat • 9g Protein

**Banana Almond Butter**

4 tbsp • 407 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 4 tbsp:

- 2 medium (7" to 7-7/8" long) Banana
- 2 tbsp Almond butter

DINNER

471 Cal • 25g Carbs (10g Fiber) • 26g Fat • 43g Protein

**Broiled sesame tofu**

2 serving • 471 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):

- 3 tbsp Soy sauce
- 3/4 tbsp Vegetable oil
- 1 1/2 dash Pepper
- 3 cup chopped Carrots
- 3 cup Tofu
- 1 1/2 tsp Balsamic vinegar
- 1 1/2 large Scallions
- 3/8 tsp Sesame oil

Day 5

1187 Calories • 133g Carbs (28g Fiber) • 53g Fat • 68g Protein

BREAKFAST

308 Cal • 46g Carbs (8g Fiber) • 12g Fat • 11g Protein



Peanut Butter & Banana
Oatmeal

1 serving • 308 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 cup Oatmeal

1/2 cup Water

1/2 medium (7" to 7-7/8" long)
Banana

1 1/4 tbsp Peanut butter with
omega-3

LUNCH

471 Cal • 25g Carbs (10g Fiber) • 26g Fat • 43g Protein



Broiled sesame tofu

2 serving • 471 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

408 Cal • 61g Carbs (10g Fiber) • 15g Fat • 15g Protein



Vegan Skewers

2 kabobs • 142 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 kabobs:

1 link America's original veggie dog

1 sprout Brussels sprouts

1/4 can (15 oz) Pineapple

1/4 onion Onions

1/4 cup cherry tomatoes Tomatoes

1 tbsp Teriyaki sauce



Garlic Roasted Brussell Sprouts

1 serving • 162 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 cup Brussels sprouts

1 cloves, minced Garlic

1 tbsp Olive oil



Banana

1 banana • 105 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 banana:

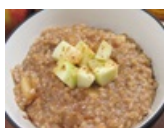
1 medium (7" to 7-7/8" long) Banana

Day 6

1154 Calories • 101g Carbs (25g Fiber) • 64g Fat • 62g Protein

BREAKFAST

466 Cal • 61g Carbs (14g Fiber) • 24g Fat • 9g Protein



Oatmeal and Apples

1 bowl • 270 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:

1/2 cup Oatmeal

1 tsp brownulated Brown sugar

1 medium (3" dia) Apples

1 cup Pure Almond Almondmilk



Pecans

1 ounce • 196 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

LUNCH

471 Cal • 25g Carbs (10g Fiber) • 26g Fat • 43g Protein



Broiled sesame tofu
2 serving • 471 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

217 Cal • 14g Carbs (1g Fiber) • 14g Fat • 10g Protein



Hot and Spicy Tofu
1 serving • 217 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):

2 1/4 tbsp Vegetable oil
3/4 cup, sliced Onions
3/4 cup, sliced Red bell pepper
2 1/4 clove Garlic
1/4 cup Water
2 1/4 tbsp Balsamic vinegar
3/4 tbsp Brown sugar
3/4 tsp Cornstarch
3/4 lb Tofu
3/4 pepper Peppers
2 1/4 tbsp Soy sauce

Day 7

1073 Calories • 143g Carbs (33g Fiber) • 45g Fat • 54g Protein

BREAKFAST

219 Cal • 58g Carbs (14g Fiber) • 5g Fat • 12g Protein



Oat bran and cinnamon
1 cup • 157 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:

2/3 cup Oat bran
1/2 tsp Cinnamon
2 cup Water



Oranges
1 fruit • 62 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 fruit:

1 fruit (2-5/8" dia) Oranges

LUNCH

434 Cal • 28g Carbs (3g Fiber) • 28g Fat • 19g Protein



Hot and Spicy Tofu
2 serving • 434 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

420 Cal • 57g Carbs (16g Fiber) • 13g Fat • 22g Protein



Vegan Skewers
2 kabobs • 142 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 kabobs:

1 link America's original veggie dog
1 sprout Brussels sprouts
1/4 can (15 oz) Pineapple
1/4 onion Onions
1/4 cup cherry tomatoes Tomatoes
1 tbsp Teriyaki sauce



Red Bell Pepper and Hummus

2 serving • 278 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

1/2 cup Hummus

2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper

Recipe directions

Raspberry Chia Seed Pudding

Directions are for original recipe of 1 serving

1. Combine the milk and fruit in a blender. Blend until smooth and pour into a resealable container. Mix in chia seeds and stir well. Refrigerate at least 2 hours or overnight. Enjoy!

Grapes

Directions are for original recipe of 1 cup

1. Wash and enjoy.

Vegan Buffalo Chickpea Taquitos

Directions are for original recipe of 6 serving

1. Preheat your oven to 425 degrees F.
2. In a large bowl mash the chickpeas with a potato masher or fork. Some larger pieces are ok, but you want the mixture to stick together.
3. Drain artichoke hearts and chop into smaller pieces. Add into bowl with chickpeas along with the buffalo hot sauce and mix well to combine.
4. Scoop about 2 tbsp of the filling onto each tortilla and roll tightly. Place seam side down on a baking sheet. Bake 15-20 minutes until the tortillas are browning on the edges.
5. While baking taquitos, mash avocado with lime juice until well combined. Serve with taquitos and enjoy!

Vegan French Toast

Directions are for original recipe of 4 slice

1. 1. In a bowl, mix together the nondairy milk, flour, sugar, and cinnamon to form a batter. 2. Dip bread in batter and fry in pan with a little oil until golden brown. 3. Serve and enjoy!

Canned Vegetable Soup with Tofu

Directions are for original recipe of 2 cups

1. Prepare soup as directed on can. Cut tofu into 1/2 inch cubes. Add to soup and bring to a boil. Serve in a bowl. Sprinkle minced parsley. Serve with crackers if desired.

Green Beans with Olive Oil

Directions are for original recipe of 4 serving

1. PREPARATION: Trim green beans.
2. Cook beans in a 6-quart pot of boiling salted water , uncovered, until just tender, 4 to 6 minutes. Drain in a colander, then transfer to a large bowl and toss with oil, sea salt, and pepper to taste.

Garlic Green Beans with Tofu

Directions are for original recipe of 2 serving

1. Rinse the beans and snip off their ends.
2. In a wok or nonstick skillet, warm the oil over medium heat. Add the beans and garlic and saute for 5 minutes, stirring continuously.
3. Add the tofu and cook for 5 more minutes.

Microwaved sweet potato

Directions are for original recipe of 1 potato

1. Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
2. If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

Oatmeal and Apples

Directions are for original recipe of 1 bowl

1. Remove apple core and cut apple into slices. Mix together with water and oats. Optionally, use milk instead of water for a creamier taste.
2. Microwave for 45 seconds, stir, then microwave for 30 more seconds. Sprinkle with brown sugar and eat.

Banana Almond Butter

Directions are for original recipe of 2 tbsp

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

Broiled sesame tofu

Directions are for original recipe of 4 serving

1. Heat the broiler to high and arrange a rack in the top third of the oven. Cover a baking sheet with foil; set aside.
2. Whisk the soy sauce, vegetable oil, and a pinch of pepper in a medium shallow bowl to combine. Dip the carrots and tofu pieces into the soy sauce mixture to coat (let the excess sauce drip off and back into the bowl), then lay the pieces on the baking sheet so they are not touching. Set the remaining sauce aside.
3. Broil the carrots and tofu until browned on all sides, about 20 minutes total, turning the tofu every 5 minutes to brown on four sides and flipping the carrots after 10 minutes. Remove from the oven.
4. Add the chopped scallion, vinegar, and sesame oil to the reserved sauce and stir to combine. Add the broiled carrots and tofu to the sauce and toss to coat. Serve.

Peanut Butter & Banana Oatmeal

Directions are for original recipe of 1 serving

1. Poor oats and water together in a bowl or Tupperware if you need to have your breakfast on the go. Add more or less water depending on the consistency you like.
2. Cut the banana into thin slices, and add it to the other ingredients
3. Microwave for 1-2 minutes at 800W. If you use more water, you may need to microwave longer.
4. Mix everything together, and add the peanut butter on the top of the mixture.

Vegan Skewers

Directions are for original recipe of 8 kabobs

1. Chop Everything into approx 1" cubes and skewer in whatever order
2. Grill or cook each side in an oiled saucepan
3. Add teriyaki sauce while cooking, and use pineapple can juice to keep pan wet.

Garlic Roasted Brussell Sprouts

Directions are for original recipe of 1 serving

1. Cut sprouts in half and place in boiling water for 3 minutes.
2. Remove and dry on paper towels, removing as much moisture as possible
3. Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
4. Add minced garlic, and cook until garlic is soft and sprouts are browned.

Hot and Spicy Tofu

Directions are for original recipe of 4 serving

1. Heat peanut oil in a wok or large frying pan over medium-high heat. Toss the tofu into the oil, and cook until browned on all sides. Once browned, toss in onion, bell pepper, chile pepper, and crushed garlic; cook until just tender, about 5 minutes.
2. In a small bowl, whisk together the hot water (heat beforehand), vinegar, soy sauce, brown sugar, cornstarch, and red pepper flakes. Pour over tofu and vegetables, toss to coat, and simmer 3 to 5 minutes, or until sauce thickens slightly.

Oat bran and cinnamon

Directions are for original recipe of 1 cup

1. Cook oat bran in water in microwave for 3 minutes. Let cool for 2-3 minutes, it will be hot! Add cinnamon on top to taste when cooked.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Red Bell Pepper and Hummus

Directions are for original recipe of 1 serving

1. Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.