

## Your Meal Plan

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Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#) [Day 8](#)

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

### Day 1

1180 Calories • 140g Carbs (18g Fiber) • 37g Fat • 80g Protein

#### BREAKFAST

418 Cal • 38g Carbs (0g Fiber) • 10g Fat • 41g Protein



Poached Eggs  
1 serving • 144 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
2 large Egg  
1 tsp Vinegar  
1/4 tbsp Salt



Nonfat yogurt  
2 bowl • 274 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:  
2 cup (8 fl oz) Nonfat yogurt

#### LUNCH

440 Cal • 83g Carbs (15g Fiber) • 12g Fat • 9g Protein



Banana, Peanut Butter and Raisins  
2 banana • 354 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 banana:  
2 medium (7" to 7-7/8" long) Banana  
4 tsp Peanut butter  
10 raisins Raisins



Carrots  
1 cup • 86 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:  
1 cup Baby carrots

#### DINNER

322 Cal • 18g Carbs (3g Fiber) • 14g Fat • 30g Protein



Seitan and Mushrooms in Paprika Cream  
1 serving • 322 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):  
1 1/8 tbsp Olive oil  
1 1/2 medium (2-1/2" dia) Onions  
12 oz Seitan  
2 1/4 cup sliced Mushrooms  
1 1/2 fl oz Red wine  
3/8 cup Almond milk  
3/8 cup Coconut milk  
1 1/2 tbsp Wheat flour  
1 1/2 tsp Paprika  
3/4 dash Salt  
3/4 dash Pepper  
3/4 tbsp Parsley

## Day 2

1222 Calories • 96g Carbs (35g Fiber) • 57g Fat • 74g 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

322 Cal • 18g Carbs (3g Fiber) • 14g Fat • 30g Protein



#### Seitan and Mushrooms in Paprika Cream

1 serving • 322 Cal

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

Leftovers, eat 1 serving

### DINNER

543 Cal • 67g Carbs (4g Fiber) • 18g Fat • 31g Protein



#### Canned Vegetable Soup with Tofu

4 cups • 543 Cal

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

Ingredients for 4 cups:

2 can (10.5 oz) Vegetarian vegetable  
soup

300 grams Tofu

4 tbsp Parsley

## Day 3

1188 Calories • 94g Carbs (15g Fiber) • 47g Fat • 107g Protein

### BREAKFAST

395 Cal • 50g Carbs (2g Fiber) • 6g Fat • 34g Protein



#### Manicotti Pancakes I

2 serving • 121 Cal

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

Ingredients for 2 serving:

0.143 cup Water

0.571 extra large Egg

0.143 tsp Salt

0.143 cup Wheat flour

0.143 tbsp Olive oil



#### Nonfat yogurt

2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

### LUNCH

322 Cal • 18g Carbs (3g Fiber) • 14g Fat • 30g Protein



#### Seitan and Mushrooms in Paprika Cream

1 serving • 322 Cal

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

Leftovers, eat 1 serving

### DINNER

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



Broiled sesame tofu  
2 serving • 471 Cal  
[Directions](#) | [Full Recipe](#)

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

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

## Day 4

1165 Calories • 121g Carbs (28g Fiber) • 42g Fat • 91g Protein

### BREAKFAST

323 Cal • 25g Carbs (4g Fiber) • 9g Fat • 36g Protein



Cottage Cheese with Raspberries  
2 serving • 323 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 1/2 cup, (not packed) Cottage cheese  
0.66 tbsp Coconut meat  
1/2 cup Raspberries

### LUNCH

566 Cal • 51g Carbs (14g Fiber) • 27g Fat • 44g Protein



Broiled sesame tofu  
2 serving • 471 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Apples  
1 medium (3" dia) • 95 Cal (182 g)  
[Link to Full Nutrition](#)

### DINNER

277 Cal • 45g Carbs (10g Fiber) • 6g Fat • 11g Protein



Sweet Potato Pudding  
1 half sweet potato • 119 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 half sweet potato:  
1/2 sweetpotato, 5" long Sweet potato  
1/4 tsp Cinnamon  
1/4 cup Tofu yogurt



Microwave Poached Eggs  
1 serving • 72 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 large Egg  
0.13 tsp Vinegar  
1/3 cup Water



Baby carrots  
1 cup • 86 Cal (246 g)  
[Link to Full Nutrition](#)

# Day 5

1224 Calories • 115g Carbs (31g Fiber) • 56g Fat • 78g Protein

## BREAKFAST

548 Cal • 30g Carbs (6g Fiber) • 31g Fat • 39g Protein



Basic egg white omelet  
2 omelet • 456 Cal

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

Ingredients for 2 omelet:

8 large Egg white  
4 tbsp Reduced fat milk  
2 dash Salt  
2 dash Pepper  
2 tbsp Butter  
4 tbsp Parmesan cheese



Strawberries  
2 cup • 92 Cal

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

Ingredients for 2 cup:

2 cup, whole Strawberries

## LUNCH

314 Cal • 26g Carbs (7g Fiber) • 21g Fat • 9g Protein



Spinach salad  
1 serving • 175 Cal

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

Ingredients for 1 serving:

5 cup Spinach  
2 large Scallions  
1/2 lemon yields Lemon juice  
1 tbsp Olive oil  
1 dash Pepper



Granola  
1 ounce • 139 Cal

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

Ingredients for 1 ounce:

1 oz Granola

## DINNER

362 Cal • 59g Carbs (18g Fiber) • 4g Fat • 30g Protein



Cumin Lentils in Endive Leaves  
1 serving • 317 Cal

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

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

3 cup Lentils  
6 tbsp chopped Shallots  
6 tsp, whole Fennel seed  
3 tsp, ground Cumin  
12 oz Nonfat greek yogurt  
3/4 cup Parsley  
3/4 tsp Pepper  
3/4 tsp Salt  
1 1/2 head Endive



Watermelon  
1 cup, diced • 46 Cal (152 g)

[Link to Full Nutrition](#)

## Day 6

1186 Calories • 129g Carbs (31g Fiber) • 38g Fat • 91g Protein

### BREAKFAST

302 Cal • 37g Carbs (6g Fiber) • 6g Fat • 25g Protein



Cottage Cheese with Raspberries

1 serving • 161 Cal

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

Ingredients for 1 serving:

3/4 cup, (not packed) Cottage cheese

1/3 tbsp Coconut meat

1/4 cup Raspberries



Whole Wheat Toast

2 serving • 141 Cal

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

Ingredients for 2 serving:

2 slice Whole-wheat bread

### LUNCH

422 Cal • 75g Carbs (20g Fiber) • 4g Fat • 30g Protein



Cumin Lentils in Endive Leaves

1 serving • 317 Cal

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

Leftovers, eat 1 serving



Banana

1 medium (7" to 7-7/8" long) • 105 Cal (118 g)

[Link to Full Nutrition](#)

### DINNER

462 Cal • 18g Carbs (5g Fiber) • 28g Fat • 36g Protein



Seared Scallions with Poached Eggs

1 serving • 267 Cal

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

Ingredients for 1 serving:

1 1/2 tbsp Olive oil

1 large Egg

1/2 dash Pepper

1/2 cup, chopped Scallions

1/2 tsp Lemon juice

1/2 dash Salt



Cottage Cheese & Raspberries

1 serving • 195 Cal

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

Ingredients for 1 serving:

1 cup, (not packed) Cottage cheese

1/2 cup Raspberries

# Day 7

1182 Calories • 127g Carbs (32g Fiber) • 36g Fat • 96g Protein

## BREAKFAST

379 Cal • 33g Carbs (3g Fiber) • 7g Fat • 46g Protein



### 2 Ingredient Protein Pancakes

1 serving • 237 Cal

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

Ingredients for 1 serving:

0.952 jumbo Egg

3 egg white (separated from yolk)  
Egg white

0 small (6" to 6-7/8" long) Banana



### Nonfat greek yogurt

1 cup • 142 Cal

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

Ingredients for 1 cup:

1 cup Nonfat greek yogurt

## LUNCH

381 Cal • 62g Carbs (25g Fiber) • 4g Fat • 30g Protein



### Cumin Lentils in Endive Leaves

1 serving • 317 Cal

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

Leftovers, eat 1 serving



### Raspberries

1 cup • 64 Cal (123 g)

[Link to Full Nutrition](#)

## DINNER

423 Cal • 32g Carbs (4g Fiber) • 25g Fat • 19g Protein



### Spinach Cheese Pasta

2 serving • 361 Cal

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

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

3/4 clove Garlic

3/8 cup, (not packed) Cottage  
cheese

3/4 cup Spinach

3/8 cup Parmesan cheese

1/8 cup Olive oil

3/4 cup Egg noodles



### Oranges

1 fruit (2-5/8" dia) • 62 Cal (131 g)

[Link to Full Nutrition](#)

## Day 8

1153 Calories • 109g Carbs (25g Fiber) • 50g Fat • 79g Protein

### BREAKFAST

429 Cal • 67g Carbs (11g Fiber) • 4g Fat • 34g Protein



#### Oatmeal Cottage Cheese Pancakes

1 serving • 306 Cal

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

Ingredients for 1 serving:

1/2 cup Oatmeal  
1/2 cup, (not packed) Cottage cheese  
1 tsp Vanilla extract  
4 large Egg white



#### Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

### LUNCH

261 Cal • 12g Carbs (2g Fiber) • 20g Fat • 11g Protein



#### Spinach Cheese Pasta

1 serving • 181 Cal

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

Leftovers, eat 1 serving



#### Garlic Kale

1 serving • 81 Cal

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

Ingredients for 1 serving:

1/2 cup, chopped Kale  
1/2 tbsp Olive oil  
1 cloves, minced Garlic

### DINNER

463 Cal • 30g Carbs (12g Fiber) • 26g Fat • 35g Protein



#### Asparagus Noodle Carbonara

2 serving • 417 Cal

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

Ingredients for 2 serving:

1 lb Asparagus  
2 oz Pancetta  
1/2 cloves, minced Garlic  
1 extra large Egg  
1/4 cup Parmesan cheese  
1/2 dash Pepper  
1/2 dash Salt  
1/2 tbsp Parsley



#### Strawberries

1 cup, whole • 46 Cal (144 g)

[Link to Full Nutrition](#)

## Recipe directions

### **Poached Eggs**

Directions are for original recipe of 1 serving

1. Add a small dash of vinegar and salt to a pan of steadily simmering water.
2. Crack eggs individually into a small cup.
3. Create a gentle whirlpool in the water to help the egg white wrap around the yolk.
4. Slowly tip the egg into the water, white first. Leave to cook for three minutes.
5. Remove with a slotted spoon, cutting off any wispy edges using the edge of the spoon.

### **Nonfat yogurt**

Directions are for original recipe of 1 bowl

1. Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

### **Banana, Peanut Butter and Raisins**

Directions are for original recipe of 1 banana

1. Slice ripe banana lengthwise and spread with 2 tsp creamy natural peanut butter. Dot the top with 5 raisins.

### **Carrots**

Directions are for original recipe of 1 cup

1. Enjoy by themselves. Optionally, enjoy with a side of hummus (there are other carrot + dip recipes on ETM you can swap in).

### **Seitan and Mushrooms in Paprika Cream**

Directions are for original recipe of 4 serving

1. Heat the oil in a wide skillet. Add the onions and sauté over medium heat until translucent. Add the seitan and mushrooms, cover, and cook, stirring occasionally, until the onions are golden brown and the seitan is touched here and there with golden brown. Pour in the wine and stir.
2. In a small bowl or glass, use about half of the coconut milk to dissolve the flour into a smooth paste, using a whisk. Add the remaining coconut milk, and whisk again. Stir in the paprika and cook over low heat for 5 minutes longer.
3. Pour the sauce into the skillet with the seitan and mushrooms. If the sauce becomes too thick, loosen with a little additional nondairy milk. Season with salt and pepper and serve at once on its own or over grains. Garnish each serving with a sprinkling of extra paprika and some parsley.

### **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!

### **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.



### **Manicotti Pancakes I**

Directions are for original recipe of 14 serving

1. Combine flour, eggs, olive oil, salt and water in a medium bowl; stir until smooth. Heat a 7 inch skillet over medium-high heat and lightly brush with olive oil. Ladle enough batter into pan to cover the bottom. Cook until top is set and bottom is brown, about 30 seconds. Lift pancake onto parchment paper and repeat.
2. Optional: Stuff with meat or cheese filling, top with tomato sauce and bake. If you do, make sure to add it to the plan to track the macros!

### **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.

### **Cottage Cheese with Raspberries**

Directions are for original recipe of 1 serving

1. Spoon cottage cheese into a bowl. Sprinkle with coconut flakes, and top with fresh rinsed raspberries.

### **Sweet Potato Pudding**

Directions are for original recipe of 1 half sweet potato

1. Pierce half of a sweet potato with a fork several times. Microwave for 4-5 minutes, carefully flipping halfway through, until cooked.
2. Mash 1/2 cooked sweet potato in a bowl and mix in cinnamon. Top with 1/4 cup low-fat vanilla-flavoured yogurt (or vegan equivalent).

### **Microwave Poached Eggs**

Directions are for original recipe of 1 serving

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.

### **Basic egg white omelet**

Directions are for original recipe of 1 omelet

1. Whisk the egg whites, cheese, milk, salt, and pepper in a medium bowl until thoroughly combined. Set a serving plate aside.
2. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming. Add the egg mixture and stir constantly with a rubber spatula, moving the eggs around the pan until they form small curds, about 2 to 3 minutes.
3. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan.
4. Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself. Gently push the folded side of the omelet toward the edge of the pan.
5. Tilt the pan over the serving plate and roll the omelet onto the plate, seam side down. Serve.

### **Strawberries**

Directions are for original recipe of 1 cup

1. Wash and eat.

### **Spinach salad**

Directions are for original recipe of 2 serving

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions.
2. Put spinach in a mixing bowl and add the scallions/green onions, oil, pepper, and the juice from 1 squeezed lemon. Toss and serve.

### **Cumin Lentils in Endive Leaves**

Directions are for original recipe of 1 serving

1. Drain canned lentils, rinse and let drain well. Set aside.
2. Chop and dry-sauté the shallots without oil until slightly charred for about 5 minutes in a skillet. Remove from the heat and place them in a bowl. Add fennel seeds, cumin, yoghurt and lentils and stir to combine. Add the chopped parsley and season to taste with pepper and salt. Fill the cavity of the endive leaves with a heaping spoonful of the lentil dip and garnish with chopped parsley. Enjoy!

### **Whole Wheat Toast**

Directions are for original recipe of 1 serving

1. Put a slice of whole wheat bread into the toaster. Eat by itself or as a side.

### **Seared Scallions with Poached Eggs**

Directions are for original recipe of 2 serving

1. Mince 1 whole scallion, transfer to a bowl, and whisk in 2 tablespoons oil and lemon juice. Season to taste with salt and pepper and set scallion sauce aside. Put the remaining scallions on a plate. Drizzle with remaining oil and toss to coat. Season to taste with salt and pepper. Heat a large cast-iron grill pan or skillet over medium-high heat. Cook scallions, turning occasionally, until tender and slightly charred, about 5 minutes. Divide scallions between plates.
2. Pour 1/2 cup water into each of two 8-ounce microwave-safe coffee cups. Crack 1 egg into each cup, making sure it's completely submerged. To lower risk of the yolk exploding, you may want to gently prick it with a wooden toothpick or tip of a knife.
3. Cover each mug with a saucer. Microwave 1 egg on high until white is set but yolk is runny, about 1 minute (cooking time will vary depending on microwave). Uncover; using a slotted spoon, transfer egg to top of 1 serving of scallions. Dress with half of the scallion sauce. Repeat with remaining egg and sauce; serve.

### **Cottage Cheese & Raspberries**

Directions are for original recipe of 1 serving

1. Combine cottage cheese and raspberries; serve.

### **2 Ingredient Protein Pancakes**

Directions are for original recipe of 1 serving

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes blended.
2. Heat a greased griddle on medium heat and pour about a 2.5 inch wide puddle of batter.
3. Delicately flip the pancake after about 25 seconds or when it browns.

### **Nonfat greek yogurt**

Directions are for original recipe of 1 cup

1. Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

### **Spinach Cheese Pasta**

Directions are for original recipe of 8 serving

1. Press garlic.
2. Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente. Drain, and return to the pot.
3. Heat the olive oil in a skillet, and cook the garlic and spinach 3 to 5 minutes, until well coated. Transfer to the pot with the drained pasta. Toss in the cottage cheese. Top with Parmesan cheese to serve.

### **Oatmeal Cottage Cheese Pancakes**

Directions are for original recipe of 1 serving

1. Blend all ingredients in blender.
2. Spray skillet with cooking spray and cook just like "silver dollar" pancakes, a few small ones at a time.
3. Top with your favorite pancake topping!

### **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

### **Garlic Kale**

Directions are for original recipe of 4 serving

1. Tear the kale leaves into bite-size pieces from the thick stems; discard the stems.
2. Heat the olive oil in a large pot over medium heat. Cook and stir the garlic in the hot oil until softened, about 2 minutes. Add the kale and continue cooking and stirring until the kale is bright green and wilted, about 5 minutes more.

## **Asparagus Noodle Carbonara**

Directions are for original recipe of 4 serving

1. Slice the asparagus with a vegetable peeler/spiralizer; reserve the tips. Steam the asparagus tips and set aside, reserving some of the cooking water.
2. Meanwhile, cook the pancetta in a pan over medium heat, pour off all but a tablespoon of the grease from the pan; add the garlic, cook for 30 seconds.
3. Add the garlic and asparagus noodles and cook until the asparagus noodles are tender, about a minute.
4. Remove from heat, mix in the mixture of the eggs, parmesan, pepper, salt, parsley, and enough of the reserved cooking water to make a creamy sauce with the asparagus noodles. Toss with the steamed asparagus tips.
5. Serve immediately and enjoy!