

Your Meal Plan

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Day 1

1489 Calories • 98g Carbs (20g Fiber) • 65g Fat • 125g Protein

BREAKFAST

462 Cal • 35g Carbs (4g Fiber) • 29g Fat • 15g Protein



Egg in a Cup
1 serving • 185 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 large Egg
5 cracker square Saltines
1/2 tbsp Butter
1/2 dash Salt
1/2 dash Pepper



Buttered Toast
2 slice • 277 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 slice:
2 slice Whole-wheat bread
4 tsp Butter

LUNCH

479 Cal • 59g Carbs (16g Fiber) • 20g Fat • 16g Protein



Bell Pepper and Hummus Snack
2 serving • 201 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
4 tbsp Hummus



Granola
2 ounce • 277 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz Granola

DINNER

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout
2 serving • 548 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
1 1/2 tsp Grill Creations Smokey Mesquite Seasoning
1 1/2 tsp Salt
48 oz Trout
6 tsp Garlic

Day 2

1510 Calories • 75g Carbs (21g Fiber) • 60g Fat • 171g Protein

BREAKFAST

475 Cal • 29g Carbs (2g Fiber) • 13g Fat • 59g Protein



Egg in a nest
1 piece • 191 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 piece:
1 large Egg
1 slice regular Multi-grain bread
1/2 dash Salt
1/2 tbsp Butter
1/2 dash Pepper



Nonfat greek yogurt
2 cup • 283 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Nonfat greek yogurt

LUNCH

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout
2 serving • 548 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

487 Cal • 42g Carbs (19g Fiber) • 31g Fat • 19g Protein



Cucumbers and Egg Salad
1 serving • 122 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 large Egg
1 small (6-3/8" long) Cucumber
1 small Pickles
3/4 tbsp Light mayonnaise



Artichokes
2 serving • 365 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 artichoke, large Artichokes
2 tbsp Butter
2 cloves, minced Garlic
1 dash Salt
1 dash Pepper

Day 3

1552 Calories • 93g Carbs (27g Fiber) • 74g Fat • 129g Protein

BREAKFAST

472 Cal • 7g Carbs (4g Fiber) • 43g Fat • 17g Protein



Pesto Scrambled Eggs
1 pan • 276 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 pan:
1/2 tbsp Butter
2 large Egg
1 tbsp Basil Pesto



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

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

LUNCH

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout
2 serving • 548 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

532 Cal • 82g Carbs (23g Fiber) • 15g Fat • 19g Protein



Curried Egg Sandwiches
1 serving • 286 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 large Egg
1/8 cup Light mayonnaise
1/4 tsp Curry powder
1/4 dash Salt
1/4 dash Pepper
2 slice Whole-wheat bread



Carrots
2 cup • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Baby carrots



Sliced bell pepper
2 pepper • 74 Cal
[Directions](#) | [Full Recipe](#)

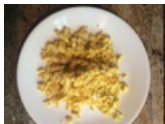
Ingredients for 2 pepper:
2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper

Day 4

1478 Calories • 129g Carbs (22g Fiber) • 60g Fat • 106g Protein

BREAKFAST

437 Cal • 2g Carbs (1g Fiber) • 32g Fat • 32g Protein



Curry Cheddar Scrambled Eggs
2 serving • 437 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 tsp Curry powder
2 dash Salt
2 dash Pepper
4 large Egg
4 tbsp, shredded Cheddar cheese
1 tsp Butter

LUNCH

471 Cal • 60g Carbs (15g Fiber) • 21g Fat • 18g Protein



Hummus pocket sandwich
1 pocket • 445 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 pocket:
3 cherry Tomatoes
1 pita, large (6-1/2" dia) Pita bread
1/2 cup Hummus
1/4 cup Alfalfa sprouts
1/2 tbsp Olive oil



Celery
4 stalks • 26 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 stalks:
4 stalk, medium (7-1/2" - 8" long)
Celery

DINNER

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs
2 serving • 570 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
3 breast, bone and skin removed Chicken breast
1 1/2 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper
1 1/2 large Onions
1 1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 1/2 cup (8 fl oz) Barbecue sauce

Day 5

1542 Calories • 156g Carbs (19g Fiber) • 52g Fat • 116g Protein

BREAKFAST

502 Cal • 49g Carbs (9g Fiber) • 29g Fat • 18g Protein



Zucchini Hash Browns
3 serving • 397 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving:
1 1/2 large Egg
1 1/2 tsp Garlic powder
1 1/2 tsp Onion powder
1 1/2 dash Pepper
1 1/2 dash Salt
1 1/2 tbsp Olive oil
1 1/2 large Zucchini



Banana
1 banana • 105 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 banana:
1 medium (7" to 7-7/8" long) Banana

LUNCH

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs
2 serving • 570 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

470 Cal • 40g Carbs (5g Fiber) • 15g Fat • 42g Protein



BBQ Chicken Sandwich
1 Sandwich • 470 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 Sandwich:
1/2 breast, bone and skin removed Chicken breast
2 slice Whole-wheat bread
1 serving 2 tbsp Barbecue sauce
1 oz Cheddar cheese

Day 6

1562 Calories • 124g Carbs (21g Fiber) • 65g Fat • 122g Protein

BREAKFAST

461 Cal • 10g Carbs (4g Fiber) • 32g Fat • 36g Protein



Baked Spinach and Eggs

1 serving • 461 Cal

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

Ingredients for 1 serving:

- 6 cup Spinach
- 4 large Egg
- 1 dash Salt
- 1 dash Pepper
- 1/4 cup, crumbled Feta cheese
- 1 tsp Butter

LUNCH

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs

2 serving • 570 Cal

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

Leftovers, eat 2 serving

DINNER

532 Cal • 47g Carbs (11g Fiber) • 26g Fat • 30g Protein



Chickpea and Rosemary Frittata

2 serving • 486 Cal

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

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

- 4 large Egg
- 1/3 cup Parmesan cheese
- 2 cup Chickpeas
- 2 tbsp Rosemary
- 1 tbsp Olive oil
- 1 dash Salt
- 1 dash Pepper



Watermelon

1 cup, diced • 46 Cal (152 g)

[Link to Full Nutrition](#)

Day 7

1563 Calories • 123g Carbs (26g Fiber) • 72g Fat • 107g Protein

BREAKFAST

455 Cal • 33g Carbs (6g Fiber) • 11g Fat • 54g Protein



Smoked salmon and cottage sandwich

2 sandwich • 455 Cal

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

Ingredients for 2 sandwich:

- 6 oz, boneless Chinook salmon
- 4 oz Cottage cheese
- 6 slice, medium (1/4" thick) Tomatoes
- 2 slice Whole-wheat bread

LUNCH

486 Cal • 36g Carbs (11g Fiber) • 26g Fat • 29g Protein



Chickpea and Rosemary Frittata

2 serving • 486 Cal

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

Leftovers, eat 2 serving

**Sweet Grilled Cheese**

1 serving • 471 Cal

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

Ingredients for 1 serving:

2 tsp Butter

2 slice Whole-wheat bread

2 slice (1 oz) Cheddar cheese

2 tsp packed Brown sugar

**Mediterranean Beats with Garlic**

1 serving • 150 Cal

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

Ingredients for 1 serving:

1 1/2 cup Beets

1/2 cloves, minced Garlic

1/2 tbsp Olive oil

1/4 dash Salt

1 sprigs Fresh cilantro

Recipe directions

Egg in a Cup

Directions are for original recipe of 2 serving

1. Bring a pot of water to a boil. (Use enough water to just cover the eggs once their in your pot.) Add eggs, and cook for 3 minutes. The yolks need to be runny.
2. While the eggs cook, crush the crackers into two coffee mugs with the butter. When the eggs are done, remove from the water, and peel.
3. Place one soft-boiled egg into each cup. Mix into the crackers, and season with salt and pepper.

Buttered Toast

Directions are for original recipe of 2 slice

1. Use a toaster to toast the bread to desired darkness. Spread butter or margarine onto one side of each slice, and enjoy while hot!

Bell Pepper and Hummus Snack

Directions are for original recipe of 1 serving

1. 1 bell pepper sliced with 2 tbsp hummus.

Mesquite Garlic Trout

Directions are for original recipe of 4 serving

1. Pre-heat oven or outside grill to 450 °F (220 °C).
2. Cut the head and tail off of a gutted, cleaned trout.
3. Place the minced garlic inside the open belly of the trout (add more than 4 teaspoons if preferred). Sprinkle mesquite seasoning and salt over the garlic and allow the belly to close naturally.
4. Place the trout onto a sheet of aluminum foil and wrap the foil loosely over the trout so that it is sealed, but in a tent fashion.
5. Place in the oven or grill for approximately 20 minutes.
6. Check to see if the meat flakes. Do not overcook.

Egg in a nest

Directions are for original recipe of 2 piece

1. Cut or tear a 2-inch hole out of the center of each slice of bread.
2. Melt the butter in a large nonstick frying pan over medium heat until foaming. Add the bread slices. Crack an egg into each bread hole, season with salt and pepper, and cook until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip and cook until the second side is golden brown, about 3 minutes more for runny yolks. Serve immediately.

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.

Cucumbers and Egg Salad

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool.
2. Peel eggs. Chop into eighths, and transfer to a medium salad bowl.
3. Cube cucumbers and pickled cucumbers, and add to eggs. Mix in mayonnaise. Refrigerate until thoroughly chilled.

Artichokes

Directions are for original recipe of 2 serving

1. Fill the pan with just enough water to cover bottom. Bring to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
2. When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.

Pesto Scrambled Eggs

Directions are for original recipe of 2 pan

1. Melt the butter in a skillet over medium heat.
2. Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two. A heat resistant silicone spatula works best.
3. About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
4. Once the eggs are no longer runny, they are done.
5. Serve with extra pesto.

Curried Egg Sandwiches

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan in a single layer. Cover eggs with cold water to cover just about an inch over eggs. Heat over high heat, then once boiling, cover pan with lid and turn off heat. Let eggs stand for 12 minutes, then drain immediately and cool under cold water. Peel.
2. Mix together mayonnaise and curry powder in a bowl. Chop eggs up then gently stir in, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.

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).

Sliced bell pepper

Directions are for original recipe of 1 pepper

1. Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy! Optionally eat with a side of hummus dip (there are other pepper + dip recipes on ETM you can swap in).

Curry Cheddar Scrambled Eggs

Directions are for original recipe of 1 serving

1. Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese.
2. Melt the margarine in a skillet over medium heat. Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

Hummus pocket sandwich

Directions are for original recipe of 4 pocket

1. Rinse cherry tomatoes and cut into halves.
2. Slice an opening at the top of each pita and spread hummus on the inside of each. Stuff with alfalfa sprouts and 6 tomato halves. Drizzle olive oil over the sandwich filling and serve.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Chicken Kabobs

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

Zucchini Hash Browns

Directions are for original recipe of 2 serving

1. Slice and steam zucchini until soft on stovetop in a little water. Drain when cooked. Heat oil in skillet.
2. Mash zucchini until you have about 1 cup's worth and mix it together with slightly beaten eggs, salt, pepper, garlic powder and onion powder.
3. Drop by spoonfuls into the hot skillet.
4. After browning on one side flip and brown the other side.

BBQ Chicken Sandwich

Directions are for original recipe of 1 Sandwich

1. To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle.
2. Toast bread. Chop cooked chicken breast. Assemble sandwich by spreading barbecue sauce on both pieces of bread, top with cheese and chicken. Serve.

Baked Spinach and Eggs

Directions are for original recipe of 1 serving

1. Preheat the oven to 400°F. Lightly grease with butter an individual ramekin or other small oven safe dish that can accommodate the eggs and spinach.
2. Place the spinach in a deep skillet or a large frying pan. Add a little water (2-3 Tablespoons). Using medium heat, cook the spinach just until wilted, roughly 3-4 minutes. Use either your hand or a spatula to pack in the spinach. Drain the excess water well.
3. Distribute the spinach evenly among the prepared ramekins or oven-safe dishes. Crack 1-2 eggs on top of the spinach. Season lightly with salt and pepper - lightly because Feta cheese is pretty salty on its own. Sprinkle the crumbled feta cheese on top.
4. Place the baking dishes or ramekins on a cookie sheet and bake for about 15-18 minutes or until the eggs are set/cooked (whites are set and yolks look firm on the edges) to your liking. Enjoy!

Chickpea and Rosemary Frittata

Directions are for original recipe of 4 serving

1. Preheat oven to 400F and place a baking tray on the middle shelf.
2. Line an 8-inch springform pan with baking paper & grease with olive oil.
3. Whisk together lightly eggs and parmesan. Season with salt & pepper.
4. Place chickpeas in the prepared tin. Pour over the egg mixture & scatter over the rosemary. Season.
5. Place on the preheated tray and bake until golden and puffy and the centre feels firm and springy, about 15 minutes.

Smoked salmon and cottage sandwich

Directions are for original recipe of 1 sandwich

1. Toast the bread. Layer the salmon, tomatoes and top with the cottage cheese. Eat.

Sweet Grilled Cheese

Directions are for original recipe of 1 serving

1. Heat a skillet over medium heat. Spread butter onto one side of a piece of bread and place butter side down in the skillet. Place one piece of cheese on top of the bread, then sprinkle with brown sugar. Top with the other slice of cheese. Butter the other slice of bread and place on top with the butter side up. Fry on each side until golden brown, 3 to 5 minutes per side.

Mediterranean Beets with Garlic

Directions are for original recipe of 4 serving

1. Cook the beets: place them in a pot. Add water (make sure the beets are fully covered with water). Bring the water to a boil and cook the beets until you can easily pierce them with a fork. It may take over one hour depending on the size of the beets. Note that the beets might stain the pot. Cool the beets before handling as they will be very hot.
2. After beets are cooked, peel and chop them into bite-size pieces. Place them in a bowl. Add chopped garlic, olive oil and chopped cilantro. Sprinkle with salt. Enjoy!