

Your Meal Plan

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Day 1

1465 Calories • 163g Carbs (35g Fiber) • 66g Fat • 74g Protein

BREAKFAST

394 Cal • 43g Carbs (8g Fiber) • 11g Fat • 32g Protein



Banana oatmeal smoothie
1 shake • 394 Cal

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

Ingredients for 1 shake:
1/2 medium (7" to 7-7/8" long)
Banana
1 cup Almond milk
1/4 cup Oatmeal
1 tbsp Peanut butter
1 scoop Rice protein

LUNCH

550 Cal • 82g Carbs (16g 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



Banana
1 banana • 105 Cal

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

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

DINNER

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu
2 serving • 521 Cal

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

Ingredients for 6 serving (eat 2
serving now, save 4 serving for
leftovers):
6 tbsp Olive oil
12 cloves, minced Garlic
1 1/2 lb Tofu
12 cup 1/2" pieces Green beans

Day 2

1453 Calories • 145g Carbs (28g Fiber) • 79g Fat • 62g Protein

BREAKFAST

451 Cal • 63g Carbs (10g Fiber) • 20g Fat • 14g Protein



Knock-Oats

1 bowl • 451 Cal

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

Ingredients for 1 bowl:

1/2 cup Quick oats
1 medium (7" to 7-7/8" long) Banana
2 tbsp Peanut butter
1 tsp Cinnamon

LUNCH

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu

2 serving • 521 Cal

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

Leftovers, eat 2 serving

DINNER

480 Cal • 44g Carbs (7g Fiber) • 25g Fat • 24g 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



Peanut Butter & Celery

1 serving • 209 Cal

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

Ingredients for 1 serving:

2 tbsp Peanut butter
2 stalks, large (11 inches long) Celery

Day 3

1457 Calories • 136g Carbs (28g Fiber) • 76g Fat • 72g Protein

BREAKFAST

489 Cal • 49g Carbs (10g Fiber) • 20g Fat • 34g Protein



Chocolate peanut protein shake

1 shake • 489 Cal

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

Ingredients for 1 shake:

1 cup Almond milk
1 scoop Rice protein
2 tbsp Peanut butter
1 tbsp Cocoa
1 medium (7" to 7-7/8" long) Banana

LUNCH

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu

2 serving • 521 Cal

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

Leftovers, eat 2 serving

DINNER

447 Cal • 49g Carbs (7g Fiber) • 22g Fat • 14g Protein



Vegan Toasted Mushroom Macaroni

1 serving • 330 Cal

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

Ingredients for 1 serving:

2/3 tbsp Olive oil
1/3 cup, pieces or slices Mushrooms
0.042 cup Parsley
0.167 cloves, minced Garlic
0.167 tsp, leaves Oregano
2/3 fl oz White wine
0.167 tbsp Smart balance light buttery spread
1.417 oz Macaroni
1/3 cup Organic Vegetable Stock
0.167 dash Salt
0.167 dash Pepper
0.083 cup Cashew nuts



Cucumber & Hummus

1 serving • 118 Cal

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

Ingredients for 1 serving:

1/4 cup Hummus
1 cup slices Cucumber

Day 4

1425 Calories • 178g Carbs (29g Fiber) • 69g Fat • 44g Protein

BREAKFAST

548 Cal • 83g Carbs (15g Fiber) • 23g Fat • 14g Protein



Oatmeal and peaches

2 bowl • 352 Cal

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

Ingredients for 2 bowl:

1 cup Water
1 cup slices Peaches
1 cup Oatmeal
2 tsp brownulated Brown sugar



Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

LUNCH

443 Cal • 67g Carbs (12g Fiber) • 19g Fat • 10g 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



Sliced bell pepper

1 pepper • 37 Cal

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

Ingredients for 1 pepper:

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

DINNER

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



Hot and Spicy Tofu
2 serving • 434 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):

- 6 tbsp Vegetable oil
- 2 cup, sliced Onions
- 2 cup, sliced Red bell pepper
- 6 clove Garlic
- 0.66 cup Water
- 6 tbsp Balsamic vinegar
- 2 tbsp Brown sugar
- 2 tsp Cornstarch
- 2 lb Tofu
- 2 pepper Peppers
- 6 tbsp Soy sauce

Day 5

1494 Calories • 180g Carbs (18g Fiber) • 66g Fat • 53g Protein

BREAKFAST

428 Cal • 73g Carbs (10g Fiber) • 14g Fat • 9g Protein



Breakfast Quesadilla
1 tortilla • 333 Cal
[Directions](#) | [Full Recipe](#)

- Ingredients for 1 tortilla:
- 1/2 tsp Vegetable oil
 - 1 tbsp Peanut butter
 - 1 tortilla (approx 7-8" dia) Tortillas
 - 1/2 medium (7" to 7-7/8" long) Banana
 - 1/2 cup, sliced Strawberries
 - 1/2 tsp Cinnamon



Apple
1 apple • 95 Cal
[Directions](#) | [Full Recipe](#)

- Ingredients for 1 apple:
- 1 medium (3" dia) Apples

LUNCH

651 Cal • 42g Carbs (4g Fiber) • 41g Fat • 29g Protein



Hot and Spicy Tofu
3 serving • 651 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

415 Cal • 66g Carbs (4g Fiber) • 11g Fat • 15g Protein



Barbeque Tempeh Sandwiches
1 serving • 415 Cal
[Directions](#) | [Full Recipe](#)

- Ingredients for 1 serving:
- 1/4 medium (2-1/2" dia) Onions
 - 1/2 medium (approx 2-3/4" long, 2-1/2" dia.) Red bell pepper
 - 1 roll (3-1/2" dia) Hard rolls
 - 1/4 cup Tempeh
 - 1/4 cup (8 fl oz) Barbecue sauce
 - 1/4 tbsp Vegetable oil

Day 6

1525 Calories • 152g Carbs (24g Fiber) • 74g Fat • 80g Protein

BREAKFAST

403 Cal • 85g Carbs (9g Fiber) • 6g Fat • 8g Protein



Breakfast fruit smoothie
16 oz • 271 Cal

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

Ingredients for 16 oz:

1 cup, halves Strawberries
1 medium (7" to 7-7/8" long) Banana
1 cup Orange juice



Cinnamon Toast
1 slice • 132 Cal

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

Ingredients for 1 slice:

1 slice Whole-wheat bread
1 tsp Butter
1/2 tbsp Sugar
1/2 tsp Cinnamon

LUNCH

651 Cal • 42g Carbs (4g Fiber) • 41g Fat • 29g Protein



Hot and Spicy Tofu
3 serving • 651 Cal

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

Leftovers, eat 3 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 7

1531 Calories • 182g Carbs (32g Fiber) • 69g Fat • 78g Protein

BREAKFAST

615 Cal • 92g Carbs (15g Fiber) • 24g Fat • 21g Protein



Peanut Butter & Banana
Oatmeal
2 serving • 615 Cal

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

Ingredients for 2 serving:

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

445 Cal • 64g Carbs (8g Fiber) • 18g Fat • 14g Protein



Bow Ties with Veggies

1 serving • 256 Cal

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

Ingredients for 1 serving:

1/4 dash Pepper

1/4 dash Salt

2 oz Whole wheat pasta

0.412 medium Zucchini

1/4 tbsp Olive oil

1/4 large Onions



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

Recipe directions

Banana oatmeal smoothie

Directions are for original recipe of 2 shake

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

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.

Garlic Green Beans with Tofu

Directions are for original recipe of 2 serving

1. 1. Rinse the beans and snip off their ends.

2. 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. 3. Add the tofu and cook for 5 more minutes.

Knock-Oats

Directions are for original recipe of 1 bowl

1. Prepare oatmeal according to package instructions. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

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.

Peanut Butter & Celery

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and enjoy!

Chocolate peanut protein shake

Directions are for original recipe of 1 shake

1. Include one cup ice cubes for a better shake (or more milk/water). Add everything to a blender and blend well.

Vegan Toasted Mushroom Macaroni

Directions are for original recipe of 6 serving

1. Soak raw cashews in water overnight, drain and rinse.
2. In a food processor or very good blender, pour in cashews and just barely cover with water. Blend until smooth.
3. Heat a large heavy pan over high heat and add 1/4 of the olive oil. Sauté the mushrooms 2-3 minutes, until brown, but not completely cooked.
4. Reduce heat and add parsley, minced garlic, and oregano. Cook for another minute or so. Add wine and simmer 3-5 minutes. Remove contents from pan and set aside.
5. Place the remaining olive oil, and butter in the pan on high heat. Add the macaroni, stirring constantly until pasta browns slightly- about 5 minutes.
6. Pour in vegetable stock and bring to a boil. Reduce the heat and simmer uncovered until pasta is just tender- about 10 minutes.
7. Stir in the mushroom mixture and cashew cream and cook for a few minutes to let everything come together. Remove from heat and stir in salt and black pepper. Enjoy!

Cucumber & Hummus

Directions are for original recipe of 1 serving

1. Cut cucumber into round slices and eat with hummus.

Oatmeal and peaches

Directions are for original recipe of 1 bowl

1. Puree the peaches. 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!

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).

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.

Breakfast Quesadilla

Directions are for original recipe of 2 tortilla

1. Heat a medium skillet over medium high heat and coat with oil. Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon, and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together.
2. When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut quesadillas into halves or quarters.

Apple

Directions are for original recipe of 1 apple

1. Simply wash and enjoy, or core and slice the apple for easier eating.

Barbeque Tempeh Sandwiches

Directions are for original recipe of 4 serving

1. Chop onion. Seed & chop pepper. Crumble tempeh. Split and toast rolls.
2. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
3. Heat oil in a skillet over medium heat. Add the red peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
4. Spoon the tempeh mixture onto kaiser rolls, and serve.

Breakfast fruit smoothie

Directions are for original recipe of 16 oz

1. Just put all the ingredients in the blender and blend until smooth. Optionally, blend with ice. Then drink and enjoy!

Cinnamon 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. In a cup or small bowl, stir together the sugar and cinnamon; sprinkle generously over hot buttered toast.

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.

Bow Ties with Veggies

Directions are for original recipe of 4 serving

1. Chop onion & zucchini.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. In a skillet over medium heat, saute zucchini and onion in olive oil until tender. Toss farfalle pasta with vegetables and season with salt and pepper; serve.

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.