

Your Meal Plan

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Day 1

1456 Calories • 148g Carbs (28g Fiber) • 67g Fat • 79g Protein

BREAKFAST

694 Cal • 47g Carbs (10g Fiber) • 41g Fat • 40g 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



Buttered Toast
1 slice • 138 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 slice:
1 slice Whole-wheat bread
2 tsp Butter



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

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

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 1 serving:

3/8 tbsp Olive oil
1/2 medium (2-1/2" dia) Onions
4 oz Seitan
3/4 cup sliced Mushrooms
1/2 fl oz Red wine
1/8 cup Almond milk
1/8 cup Coconut milk
1/2 tbsp Wheat flour
1/2 tsp Paprika
1/4 dash Salt
1/4 dash Pepper
1/4 tbsp Parsley

Day 2

1413 Calories • 133g Carbs (19g Fiber) • 63g Fat • 90g Protein

BREAKFAST

365 Cal • 23g Carbs (0g Fiber) • 16g Fat • 32g Protein



Basic egg white omelet

1 omelet • 228 Cal

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

Ingredients for 1 omelet:

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



Nonfat yogurt

1 bowl • 137 Cal

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

Ingredients for 1 bowl:

1 cup (8 fl oz) Nonfat yogurt

LUNCH

425 Cal • 46g Carbs (2g Fiber) • 13g Fat • 33g Protein



Mango Protein Shake

1 shake • 355 Cal

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

Ingredients for 1 shake:

1/2 cup, sliced Mangos
1 cup Reduced fat milk
1 tbsp Honey
30 grams Whey protein powder



Green salad

1 cup • 70 Cal

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

Ingredients for 1 cup:

1/2 cup shredded Lettuce
1/4 cup Spinach
1/4 cup Arugula
3 leaf, whole Basil
1/2 tbsp Olive oil
1/2 tbsp Red wine vinegar
1/4 dash Salt
1/4 dash Pepper
1/4 tsp Dijon mustard

DINNER

623 Cal • 64g Carbs (17g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu
2 serving • 521 Cal
[Directions](#) | [Full Recipe](#)

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



Pears
1 medium • 101 Cal (178 g)
[Link to Full Nutrition](#)

Day 3

1489 Calories • 129g Carbs (14g Fiber) • 63g Fat • 105g Protein

BREAKFAST

436 Cal • 26g Carbs (3g Fiber) • 20g Fat • 37g Protein



Cheese Egg White Omelette
1 omelette • 295 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 omelette:
1 large Egg
1 dash Salt
1/4 cup, shredded Mozzarella cheese
1 dash Pepper
4 egg white (separated from yolk)
Egg white
1/2 tbsp Butter



Whole Wheat Toast
2 serving • 141 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 slice Whole-wheat bread

LUNCH

291 Cal • 26g Carbs (7g Fiber) • 17g Fat • 12g Protein



Garlic Green Beans with Tofu
1 serving • 261 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving



Plums
1 fruit (2-1/8" dia) • 30 Cal (66 g)
[Link to Full Nutrition](#)

DINNER

762 Cal • 77g Carbs (4g Fiber) • 26g Fat • 56g 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



Cottage cheese
1 cup, (not packed) • 219 Cal (226 g)
[Link to Full Nutrition](#)

Day 4

1475 Calories • 129g Carbs (27g Fiber) • 80g Fat • 76g Protein

BREAKFAST

327 Cal • 28g Carbs (1g Fiber) • 12g Fat • 27g Protein



Cottage Cheese Pancakes

1 serving • 190 Cal

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

Ingredients for 1 serving:

1/4 cup, (not packed) Cottage cheese

0.083 cup Wheat flour

1/2 tbsp Vegetable oil

3/4 large Egg



Nonfat yogurt

1 bowl • 137 Cal

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

Ingredients for 1 bowl:

1 cup (8 fl oz) Nonfat yogurt

LUNCH

366 Cal • 46g Carbs (9g Fiber) • 17g Fat • 13g Protein



Garlic Green Beans with Tofu

1 serving • 261 Cal

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

Leftovers, eat 1 serving



Banana

1 banana • 105 Cal

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

Ingredients for 1 banana:

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

DINNER

782 Cal • 56g Carbs (17g Fiber) • 51g Fat • 36g Protein



Garlic Green Beans with Tofu

3 serving • 782 Cal

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

Ingredients for 5 serving (eat 3 serving now, save 2 serving for leftovers):

5 tbsp Olive oil

10 cloves, minced Garlic

1 1/4 lb Tofu

10 cup 1/2" pieces Green beans

Day 5

1475 Calories • 113g Carbs (31g Fiber) • 83g Fat • 80g Protein

BREAKFAST

511 Cal • 33g Carbs (9g Fiber) • 29g Fat • 29g Protein



Vegetable 3 Egg Scramble

1 serving • 511 Cal

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

Ingredients for 1 serving:

1 tbsp Butter

1 cup Mixed vegetables

3 extra large Egg

1/8 tsp Salt

2 tbsp Tomato sauce

LUNCH

466 Cal • 30g Carbs (11g Fiber) • 33g Fat • 19g Protein



Garlic Green Beans with Tofu

1 serving • 261 Cal

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

Leftovers, eat 1 serving



Cauliflower and Tahini
1 serving • 205 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup chopped, (1/2" pieces)
Cauliflower
2 tbsp Sesame butter

DINNER

498 Cal • 50g Carbs (11g Fiber) • 21g Fat • 32g Protein



Avocado Quesadillas
1 serving • 335 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 fruit Avocados
1 Italian tomato Tomatoes
1 stalk Onions
2/3 tbsp Nutritional Yeast
1 dash Salt
1 dash Pepper
1 tbsp Salsa
1 tortilla (approx 7-8" dia) Tortillas



Yogurt & Banana chips
1 serving • 163 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
8 oz Nonfat greek yogurt
0.2 oz Banana chips

Day 6

1529 Calories • 162g Carbs (11g Fiber) • 68g Fat • 81g Protein

BREAKFAST

379 Cal • 37g Carbs (0g Fiber) • 10g Fat • 36g Protein



Vanilla protein milkshake
1 shake • 379 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:
1/2 cup Vanilla ice cream
30 grams Whey protein powder
1 cup Reduced fat milk

LUNCH

303 Cal • 29g Carbs (8g Fiber) • 17g Fat • 13g Protein



Garlic Green Beans with Tofu
1 serving • 261 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving



Kiwi fruit
1 fruit (2" dia) • 42 Cal (69 g)
[Link to Full Nutrition](#)

DINNER

847 Cal • 96g Carbs (3g Fiber) • 42g Fat • 32g Protein



Fettuccine alfredo
2 serving • 801 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
3/8 cup, fluid (yields 2 cups whipped)
Heavy whipping cream
2 1/2 tbsp Butter
3/8 tsp Pepper
1/8 tsp Salt
3/4 cup Parmesan cheese
8 oz Whole wheat pasta



Zucchini Spears
1 serving • 46 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
0.083 tsp Salt
0.833 large Zucchini

Day 7

1449 Calories • 144g Carbs (47g Fiber) • 70g Fat • 67g Protein

BREAKFAST

428 Cal • 23g Carbs (30g Fiber) • 26g Fat • 16g 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



Whole Wheat Toast
1 serving • 71 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 slice Whole-wheat bread

LUNCH

534 Cal • 77g Carbs (7g Fiber) • 21g Fat • 17g Protein



Fettuccine alfredo
1 serving • 401 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving



Fruit salad
1 serving • 133 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup, halves Strawberries
1 cup Blueberries

DINNER

487 Cal • 44g Carbs (11g Fiber) • 22g Fat • 34g Protein



Kung Pao Tempeh
1 serving • 487 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
4 oz Tempeh
1 cup Mixed vegetables
1 tsp Soy sauce
1/8 cup Peanuts
1/2 dash Salt
1/2 dash Pepper

Day 8

1457 Calories • 161g Carbs (20g Fiber) • 58g Fat • 87g Protein

BREAKFAST

492 Cal • 50g Carbs (7g Fiber) • 16g Fat • 38g Protein



Peach and Blueberry Parfait

1 serving • 420 Cal

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

Ingredients for 1 serving:

1 cup Nonfat greek yogurt

1/3 cup Granola

1 medium (2-2/3" dia) Peaches

1/4 cup Blueberries



Easy Hard-Boiled Eggs

1 serving • 72 Cal

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

Ingredients for 1 serving:

1 large Egg

LUNCH

487 Cal • 64g Carbs (7g Fiber) • 21g Fat • 16g Protein



Fettuccine alfredo

1 serving • 401 Cal

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

Leftovers, eat 1 serving



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

DINNER

479 Cal • 46g Carbs (6g Fiber) • 21g Fat • 33g Protein



Steamed Greens with Flax Vinaigrette

1 serving • 208 Cal

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

Ingredients for 1 serving:

2/3 cup Spinach

2/3 cup, chopped Kale

2/3 cups raw Bok Choy

0.083 cup Flaxseed oil

1/3 fruit without seeds Lemons

1/3 medium whole (2-3/5" dia) Tomatoes

1/3 clove Garlic



Cottage Cheese & Raisins

1 serving • 271 Cal

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

Ingredients for 1 serving:

1/4 cup (not packed) Raisins

1 cup, (not packed) Cottage cheese

Recipe directions

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!

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!

Apple

Directions are for original recipe of 1 apple

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

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.

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.

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.

Mango Protein Shake

Directions are for original recipe of 1 shake

1. Blend together. Ideally use vanilla or unflavored whey protein.

Green salad

Directions are for original recipe of 4 cup

1. Any 4 cups of greens should be fine. In a serving bowl, combine the greens and basil.
2. To make the dressing, place all ingredients in a screw-top jar and shake well to combine. Just before serving, pour dressing evenly over the leaves and gently toss.

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.

Cheese Egg White Omelette

Directions are for original recipe of 1 omelette

1. Whisk one whole egg with egg whites season with salt and pepper
2. heat non stick skillet to medium low heat. add butter and allow to melt.
3. when butter is melted add egg and begin to swirl pan until egg covers the entire surface. continue to swirl making sure every part of egg begins to get cooked.
4. add cheese to 1/2 of omelette and fold the other side of the omelette over and allow cheese to melt. about one minute.
5. when omelette is finished gently slide onto plate.

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.

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.

Cottage Cheese Pancakes

Directions are for original recipe of 4 serving

1. Combine cottage cheese, flour, oil, and eggs in a large bowl.
2. Heat a large nonstick skillet over medium heat, and add just a touch of oil. Pour 1/3 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

Vegetable 3 Egg Scramble

Directions are for original recipe of 1 serving

1. Melt the butter.
2. Mostly cook the vegetables.
3. Add the beaten eggs and then salt to the pan. Allow to cook until desired doneness.
4. Serve with tomato sauce.
5. Enjoy!

Cauliflower and Tahini

Directions are for original recipe of 1 serving

1. Serve cauliflower pieces with tahini for dipping. Enjoy!

Avocado Quesadillas

Directions are for original recipe of 1 serving

1. Smash avocado and spread out on one half of the tortilla. Sprinkle with nutritional yeast and any seasonings. Add chopped tomato, green onions, and salsa.
2. Fold over the top half of the tortilla, and place on a skillet over medium heat. Heat for a couple of minutes on each side until warmed through. Enjoy!

Yogurt & Banana chips

Directions are for original recipe of 1 serving

1. Chop up banana chips and mix into yogurt. Enjoy!

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

Fettuccine alfredo

Directions are for original recipe of 8 serving

1. Bring a large pot of heavily salted water to a boil. Add the pasta, stir to separate the noodles, and cook according to the package directions until al dente (ideally, use fettuccine noodles).
2. Meanwhile, heat the cream and butter in a large frying pan over medium heat until the butter has melted and the mixture has come to a simmer. Add 1/4 cup of the Parmesan and the measured pepper and salt and whisk until smooth. Remove the pan from the heat until the pasta is ready.
3. Reserve 1 cup of the pasta water and drain the fettuccine. Add the noodles to the frying pan and return the pan to low heat. Add 2/3 cup of the reserved pasta water and 1 cup of the remaining Parmesan. Toss with tongs until all of the cheese has melted, adding additional pasta water as needed to reach the desired sauce consistency. Taste and season with salt and pepper. Serve immediately, saving the remaining 1/4 cup Parmesan for sprinkling.

Zucchini Spears

Directions are for original recipe of 6 serving

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.

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!

Kung Pao Tempeh

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

Peach and Blueberry Parfait

Directions are for original recipe of 1 serving

1. Layer half the Greek yogurt on the bottom of a desert glass. Top with half the granola, half of the peach slices and half of the blueberries. Create one more layer of yogurt, granola, peaches and blueberries.
2. Serve immediately and enjoy!

Easy Hard-Boiled Eggs

Directions are for original recipe of 12 serving

1. Place eggs in a pot; pour enough water over the eggs to cover. Cover and turn stove to high; bring to a boil; turn off heat and place pot on a cool burner. Let the pot sit with the cover on for 15 minutes. Meanwhile, fill a large bowl halfway with cold water; transfer the eggs from the pot to the cold water. Replace the water with cold water as needed to keep cold until the eggs are completely cooled. Chill in refrigerator at least 2 hours before peeling.

Steamed Greens with Flax Vinaigrette

Directions are for original recipe of 3 serving

1. Combine the chopped greens and steam. Set aside covered once done.
2. Combine the flaxseed oil, lemon, tomatoes, and garlic in a blender and blend into a mixture.
3. Toss together the steamed greens and vinaigrette. Serve.

Cottage Cheese & Raisins

Directions are for original recipe of 1 serving

1. Mix raisins into cottage cheese and enjoy!