

## Your Meal Plan

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

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### Day 1

1815 Calories • 102g Carbs (17g Fiber) • 83g Fat • 161g Protein

#### BREAKFAST

545 Cal • 4g Carbs (1g Fiber) • 46g Fat • 28g Protein



Fluffy omelet with cheese and spinach

1 omelet • 545 Cal

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

Ingredients for 1 omelet:

3 extra large Egg

2 tbsp Butter

3/4 oz Cheddar cheese

1 tbsp chopped Chives

1 dash Salt

1 dash Pepper

6 leaf Spinach

#### LUNCH

454 Cal • 6g Carbs (1g Fiber) • 23g Fat • 56g Protein



Baked Salmon and Asparagus

1 serving • 334 Cal

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

Ingredients for 1 serving:

66 2/3 grams Asparagus

1 tbsp Olive oil

1/3 dash Salt

5 oz, boneless Sockeye salmon

1/3 dash Pepper



Keto protein shake

1 shake • 120 Cal

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

Ingredients for 1 shake:

1 cup Water

30 grams Whey protein powder

#### DINNER

815 Cal • 93g Carbs (15g Fiber) • 14g Fat • 77g Protein



Chicken Kabobs

2 serving • 570 Cal

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

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

2 breast, bone and skin removed  
Chicken breast

1 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper

1 large Onions

1 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper

1 cup (8 fl oz) Barbecue sauce



Grilled Polenta Chips  
1 serving • 245 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
2 oz Yellow Polenta  
1/4 tbsp Olive oil  
1 1/2 oz Nutritional Yeast  
1/4 dash Pepper  
1/4 dash Salt

## Day 2

1784 Calories • 153g Carbs (22g Fiber) • 72g Fat • 131g Protein

### BREAKFAST

530 Cal • 4g Carbs (1g Fiber) • 41g Fat • 35g Protein



Scrambled Eggs with Bacon and Mushrooms  
2 serving • 530 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 extra large Egg  
4 strip Bacon  
1/2 cup diced Mushrooms

### LUNCH

656 Cal • 87g Carbs (13g Fiber) • 8g Fat • 58g Protein



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

Leftovers, eat 2 serving



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

Ingredients for 1 cup:  
1 cup Baby carrots

### DINNER

598 Cal • 62g Carbs (9g Fiber) • 24g Fat • 38g Protein



Chicken Fajitas  
1 serving • 234 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/2 breast, bone and skin removed  
Chicken breast  
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper  
1/4 onion Onions  
1/4 tsp Fajita Seasoning Mix  
3/8 tbsp Canola Oil



Almonds  
1 ounce • 164 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:  
1 oz (23 whole kernels) Almonds



Tomato soup  
2 cup • 200 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:  
1 can (10.7 oz) Tomato soup  
1 cup Water

## Day 3

1780 Calories • 126g Carbs (51g Fiber) • 87g Fat • 113g Protein

### BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



#### Match Green Tea Chia Pudding

2 serving • 641 Cal

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

Ingredients for 2 serving:

- 2 cup Almond milk
- 6 tbsp Chia Seeds
- 4 tsp Honey
- 1 teaspoons Matcha Green Tea Mix
- 2 dash Salt

### LUNCH

561 Cal • 26g Carbs (6g Fiber) • 23g Fat • 65g Protein



#### Cottage cheese and salsa

1 serving • 344 Cal

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

Ingredients for 1 serving:

- 2 cup, (not packed) Cottage cheese
- 4 tbsp Salsa



#### Almond Butter & Celery

1 serving • 217 Cal

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

Ingredients for 1 serving:

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

### DINNER

579 Cal • 51g Carbs (7g Fiber) • 30g Fat • 28g Protein



#### Honey-Mustard Chicken-Sausage Kebabs

2 serving • 579 Cal

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

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

- 1 1/2 tbsp Light mayonnaise
- 6 link Sausage
- 9 tbsp Dijon mustard
- 6 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
- 3 tbsp Honey
- 6 tbsp Reduced fat milk

## Day 4

1728 Calories • 86g Carbs (19g Fiber) • 100g Fat • 129g Protein

### BREAKFAST

439 Cal • 5g Carbs (1g Fiber) • 32g Fat • 32g Protein



#### Scrambled Eggs with Spinach and Feta

2 serving • 439 Cal

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

Ingredients for 2 serving:

- 1 tsp Olive oil
- 1/4 cup, crumbled Feta cheese
- 2 cup Spinach
- 4 large Egg

### LUNCH

579 Cal • 51g Carbs (7g Fiber) • 30g Fat • 28g Protein



#### Honey-Mustard Chicken-Sausage Kebabs

2 serving • 579 Cal

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

Leftovers, eat 2 serving

### DINNER

711 Cal • 30g Carbs (12g Fiber) • 38g Fat • 69g Protein



Healthy Caesar Salad  
1 serving • 461 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 tbsp Caesar salad dressing  
3 cup Spinach  
1 breast, bone and skin removed  
Chicken breast  
1 tbsp Olive oil  
1 tbsp Parmesan cheese



Kale Chips  
2 serving • 251 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 cup, chopped Kale  
1 tbsp Olive oil  
1/4 tsp Salt

## Day 5

1827 Calories • 111g Carbs (37g Fiber) • 97g Fat • 125g Protein

### BREAKFAST

712 Cal • 32g Carbs (24g Fiber) • 58g Fat • 15g Protein



Match Green Tea Chia Pudding  
1 serving • 320 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 cup Almond milk  
3 tbsp Chia Seeds  
2 tsp Honey  
1/2 teaspoons Matcha Green Tea Mix  
1 dash Salt



Pecans  
2 ounce • 392 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:  
2 oz (19 halves per) Pecans

### LUNCH

699 Cal • 54g Carbs (7g Fiber) • 31g Fat • 52g Protein



Honey-Mustard Chicken-Sausage Kebabs  
2 serving • 579 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Keto protein shake  
1 shake • 120 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:  
1 cup Water  
30 grams Whey protein powder

### DINNER

416 Cal • 25g Carbs (6g Fiber) • 8g Fat • 58g Protein



Easy Grilled Chicken  
2 serving • 416 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):  
4 breast, bone and skin removed  
Chicken breast  
2 cup Italian dressing  
4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper  
2 large Zucchini

## Day 6

1812 Calories • 65g Carbs (19g Fiber) • 98g Fat • 169g Protein

### BREAKFAST

599 Cal • 2g Carbs (0g Fiber) • 48g Fat • 39g Protein



**Classic Omelet**  
2 omelet • 599 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:  
4 large Egg  
2 tsp Vegetable oil  
2 oz Cheddar cheese

### LUNCH

624 Cal • 37g Carbs (9g Fiber) • 12g Fat • 87g Protein



**Easy Grilled Chicken**  
3 serving • 624 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

### DINNER

589 Cal • 25g Carbs (10g Fiber) • 38g Fat • 43g Protein



**Pork Rind Crusted Chicken**  
1 serving • 338 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
3/8 breast, bone removed Chicken breast  
1/2 oz Pork skins  
3/4 tbsp Dijon mustard  
1/4 tsp Salt  
1/4 tsp Garlic powder  
1/8 tsp Cayenne pepper  
1/2 tbsp Olive oil



**Kale Chips**  
2 serving • 251 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 cup, chopped Kale  
1 tbsp Olive oil  
1/4 tsp Salt

## Day 7

1843 Calories • 137g Carbs (53g Fiber) • 77g Fat • 135g Protein

### BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



**Match Green Tea Chia Pudding**  
2 serving • 641 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 cup Almond milk  
6 tbsp Chia Seeds  
4 tsp Honey  
1 teaspoons Matcha Green Tea Mix  
2 dash Salt

### LUNCH

624 Cal • 37g Carbs (9g Fiber) • 12g Fat • 87g Protein



**Easy Grilled Chicken**  
3 serving • 624 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

### DINNER

579 Cal • 51g Carbs (7g Fiber) • 30g Fat • 28g Protein



## Honey-Mustard Chicken-Sausage Kebabs

2 serving • 579 Cal

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

Ingredients for 2 serving:

1/2 tbsp Light mayonnaise

2 link Sausage

3 tbsp Dijon mustard

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

1 tbsp Honey

2 tbsp Reduced fat milk

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## Recipe directions

### **Fluffy omelet with cheese and spinach**

Directions are for original recipe of 1 omelet

1. (0.75 ounces cheddar cheese = 3 tablespoons, shredded. Use your preferred cheese)
2. Optional: Separate egg yolks. Stir egg yolks together in a bowl. In a separate bowl, beat the eggs whites with a whisk or beater until soft peaks form. Fold the whites into the yolks. For a less fluffy result, just beat the eggs.
3. Preheat broiler to high temperature.
4. Heat a 10 inch (25cm) nonstick frying pan over medium heat and add butter. Once the butter sizzles, pour in egg mixture evenly over the pan. Reduce heat to low and cook until set and golden brown (about 5 mins).
5. Remove the pan from heat and sprinkle the top of the omelet with cheese, chives, salt, and pepper. Place omelet in frying pan under the broiler and cook until cheese melts, or 1-2 mins.
6. Remove frying pan from broiler, place spinach on top of cheese. Gently fold the omelet in half and serve.

### **Baked Salmon and Asparagus**

Directions are for original recipe of 3 serving

1. Preheat the oven to 400 degrees F. Clean the asparagus and snip off their woody ends. Arrange them on a baking sheet and toss with half of the oil. Season with salt and pepper.
2. Place the salmon on another baking sheet and drizzle with the remaining oil. Season with salt and black pepper and set in the oven, along with the asparagus, for 20 -25 minutes.
3. While the fish and asparagus are baking, making the Hollandaise sauce. When done, place the asparagus and salmon on a serving plate and top with the Hollandaise sauce. Serve immediately.

### **Keto protein shake**

Directions are for original recipe of 1 shake

1. Stir the whey into the water and drink. Ideally use flavored whey, but if you only have unflavored, add in a tiny bit of sweetener and cocoa powder to make it more palatable (both have a negligible amount of carbs).

### **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.

### **Grilled Polenta Chips**

Directions are for original recipe of 4 serving

1. Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2. Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3. Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4. Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

### **Scrambled Eggs with Bacon and Mushrooms**

Directions are for original recipe of 1 serving

1. Crack the eggs into a bowl and beat with a fork until thoroughly combined.
2. Rinse the mushrooms and pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan and drain on paper towels.
5. Add the bacon to the pan and cook over medium-low heat until soft.
6. Add the eggs to the pan, and cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg mixture with the bacon.

### **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).

### **Chicken Fajitas**

Directions are for original recipe of 4 serving

1. Slice peppers, onions, and chicken breasts into long strips.
2. Heat 1½ Tbsp oil in a large pan. Cook peppers and onions on medium heat until onions begin to turn translucent. Remove from pan.
3. Add chicken strips. Cook until no longer pink, stirring frequently. Return vegetables to pan. Add seasoning mix (use the recipe in this book, or a purchased envelope) with about ½ cup of water. Cook until water is reduced.
4. Serve in warmed flour tortillas with toppings of your choice: grated cheese, sour cream, guacamole, tomatoes, salsa, etc.

### **Tomato soup**

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)

### **Match Green Tea Chia Pudding**

Directions are for original recipe of 1 serving

1. Mix together almond milk, honey, matcha, and salt until well combined. In a bowl, pour in chia seeds then the matcha almond milk mixture. Stir to coat chia seeds with the liquid. Refrigerate.

2. 10 minutes later, stir again well. Keep in refrigerator for at least 2 hours or overnight. Dust the top with a little matcha before serving.

### **Cottage cheese and salsa**

Directions are for original recipe of 1 serving

1. Use chunky salsa for a better texture. Mix the two together and eat.

### **Almond Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

### **Honey-Mustard Chicken-Sausage Kebabs**

Directions are for original recipe of 4 serving

1. PREPARATION: Cut each sausage into 6 pieces. Slice each bell pepper into 6 large pieces (and potentially cut each piece in half again short ways if it makes them stay on the skewers easier).

2. Whisk mustard, honey, and mayonnaise in small bowl to blend. Thread 3 sausage pieces alternatively with 3 pepper slices onto each of 8 skewers and place on baking sheet. Brush with milk; sprinkle with salt and pepper.

3. Grill skewers until vegetables are lightly charred and crisp-tender and sausage is heated through, turning occasionally and brushing with mustard mixture during last 1 or 2 minutes, about 8 minutes total.

4. Arrange skewers on platter. Brush with any remaining mustard mixture.

### **Scrambled Eggs with Spinach and Feta**

Directions are for original recipe of 1 serving

1. Wilt spinach down in a small skillet over low heat with ½ teaspoon of olive oil. Season to taste.

2. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Sprinkle in the feta cheese and stir to combine and soften the cheese.



### **Healthy Caesar Salad**

Directions are for original recipe of 1 serving

1. Spinach already comes in individual leaves, so you don't have to worry about ripping it apart in the morning when you're pressed for time.
2. Cook some chicken over the weekend and freeze it to increase the simplicity of preparing a lunchtime salad. To cook, 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.
3. Add chicken to the spinach before going to work.
4. In a separate container, mix the low-fat Caesar salad dressing with remaining olive oil.

### **Kale Chips**

Directions are for original recipe of 2 serving

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!

### **Easy Grilled Chicken**

Directions are for original recipe of 4 serving

1. Place washed chicken breasts in large sealable bag. Add 1 cup fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.
2. Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.
3. Grill chicken and veggies over medium heat.

### **Classic Omelet**

Directions are for original recipe of 1 omelet

1. Crack two eggs into a bowl and whisk until pale yellow. Do not whisk too much or the eggs will fall apart in the pan. Put oil into a small to medium sized non-stick cooking pan. Turn on to medium-heat and let pan warm for up to 45 seconds. Pour in eggs. Wait about 10 seconds before pulling the edge of the eggs toward the center. Repeat this process until the eggs form a crepe-like consistency. (You may have to tilt the pan to allow the liquid egg to fill gaps and cook.) When the eggs are mostly cooked (after maybe a minute and a half) sprinkle your cheese. You may now add salt and pepper if you wish. Almost any cheese works for a tasty omelet. You can even add vegetables or meat. Flip one edge of the egg on to itself to form a half-moon shape. Allow the omelet to cook a little while longer on each side. Serve immediately!

## **Pork Rind Crusted Chicken**

Directions are for original recipe of 4 serving

1. Place the pork rinds in a large ziplock bag. Seal, removing as much air as possible. Use a meat pounder to crush the pork rinds into crumbs, similar to Panko. Place in a shallow bowl.
2. Brush the chicken tenders with the mustard and sprinkle with kosher salt, garlic powder, and cayenne.
3. Dip each chicken tender into the crushed pork rinds, pressing on both sides to help the crumbs adhere.
4. Heat a nonstick double-burner griddle (or two large nonstick skillet) over medium-high heat, about 2 minutes. Brush with olive oil.
5. Add the coated chicken tenders. Fry until golden-brown, about 3 minutes on each side, working in batches if necessary.