

## Your Meal Plan

To make changes or re-build this plan, log in at [www.EatThisMuch.com](http://www.EatThisMuch.com)

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

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

### Day 1

1806 Calories • 126g Carbs (28g Fiber) • 89g Fat • 136g Protein

#### BREAKFAST

523 Cal • 50g Carbs (7g Fiber) • 18g Fat • 38g Protein



##### Egg and Cheese Breakfast Sandwich

2 sandwich • 523 Cal

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

Ingredients for 2 sandwich:

4 slice Whole-wheat bread

2 spray , about 1/3 second Pam cooking spray

2 extra large Egg

2 slice (3/4 oz) American cheese

#### LUNCH

762 Cal • 38g Carbs (10g Fiber) • 37g Fat • 74g 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



##### Peanut Butter & Celery

2 serving • 418 Cal

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

Ingredients for 2 serving:

4 tbsp Peanut butter

4 stalks, large (11 inches long) Celery

#### 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 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

## Day 2

1813 Calories • 135g Carbs (29g Fiber) • 95g Fat • 112g Protein

### BREAKFAST

719 Cal • 39g Carbs (0g Fiber) • 41g Fat • 47g Protein



#### Gordon Ramsay's Scrambled Eggs

1 serving • 445 Cal

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

Ingredients for 1 serving:

3 large Egg  
1/2 tbsp Creme fraiche  
2 tbsp Butter



#### Nonfat yogurt

2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

### 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

572 Cal • 59g Carbs (18g Fiber) • 20g Fat • 41g Protein



#### Scallion Crusted Artic Char

1 serving • 261 Cal

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

Ingredients for 1 serving:

2 fillet Trout  
1/2 tbsp Light mayonnaise  
2 medium (4-1/8" long) Scallions



#### Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots



#### Granola

1 ounce • 139 Cal

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

Ingredients for 1 ounce:

1 oz Granola

## Day 3

1773 Calories • 105g Carbs (28g Fiber) • 91g Fat • 146g Protein

### BREAKFAST

529 Cal • 29g Carbs (8g Fiber) • 39g Fat • 22g Protein



#### Zucchini Hash Browns

4 serving • 529 Cal

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

Ingredients for 4 serving:

2 large Egg  
2 tsp Garlic powder  
2 tsp Onion powder  
2 dash Pepper  
2 dash Salt  
2 tbsp Olive oil  
2 large Zucchini

### LUNCH

828 Cal • 50g Carbs (15g Fiber) • 44g Fat • 66g Protein



Tuna Stuffed Tomato  
1 serving • 346 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 large Tomatoes  
6 oz Tuna  
1 dash Salt  
1 dash Pepper  
2 tbsp chopped Scallions  
2 oz Cottage cheese



Peanut Butter & Carrots  
2 serving • 482 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 tbsp Peanut butter  
2 cup chopped Carrots

## 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 4

1801 Calories • 116g Carbs (22g Fiber) • 76g Fat • 164g Protein

## BREAKFAST

545 Cal • 30g Carbs (5g Fiber) • 38g Fat • 21g Protein



Spinach onion Scramble  
2 serving • 268 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup Spinach  
4 tbsp chopped Onions  
2 large Egg  
2 dash Salt  
2 dash Pepper  
1 tbsp Butter



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

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

## 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

632 Cal • 49g Carbs (8g Fiber) • 26g Fat • 56g Protein



**Tuna Patties**  
1 serving • 335 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/4 tsp Garlic powder  
1 dash Salt  
1 tbsp chopped Onions  
1 can Tuna  
1/4 cup Bread crumbs  
1 extra large Egg



**Peanut butter and Tomato Toast**  
1 serving • 297 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 slice Whole-wheat bread  
2 tbsp Peanut butter  
1 cup, chopped or sliced Tomatoes  
1 tsp Pepper

## Day 5

1861 Calories • 120g Carbs (32g Fiber) • 79g Fat • 159g Protein

### BREAKFAST

651 Cal • 37g Carbs (9g Fiber) • 31g Fat • 57g 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



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

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

### 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

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



**Savory chickpea salad**  
2 serving • 586 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
32 oz Chickpeas  
10 tbsp Vegan Mayo  
2 tbsp Pickle relish  
2 dash Pepper  
2 dash Salt  
2 stalks, large (11 inches long) Celery

## Day 6

1785 Calories • 149g Carbs (30g Fiber) • 69g Fat • 139g Protein

### BREAKFAST

657 Cal • 83g Carbs (10g Fiber) • 8g Fat • 63g Protein



#### Oatmeal Cottage Cheese Pancakes

2 serving • 612 Cal

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

Ingredients for 2 serving:

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



#### Watermelon

1 cup, diced • 46 Cal (152 g)

[Link to Full Nutrition](#)

### LUNCH

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



#### Savory chickpea salad

2 serving • 586 Cal

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

Leftovers, eat 2 serving

### DINNER

542 Cal • 20g Carbs (6g Fiber) • 25g Fat • 60g Protein



#### Easy Garlic Chicken

2 serving • 450 Cal

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

Ingredients for 2 serving:

- 1 1/2 tbsp Butter
- 1 breast, bone and skin removed Chicken breast
- 1 tsp Garlic powder
- 1/2 tsp Salt
- 1/2 tsp Onion powder



#### Zucchini Spears

2 serving • 92 Cal

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

Ingredients for 2 serving:

- 0.167 tsp Salt
- 1 2/3 large Zucchini

## Day 7

1740 Calories • 131g Carbs (35g Fiber) • 83g Fat • 114g Protein

### BREAKFAST

535 Cal • 16g Carbs (4g Fiber) • 20g Fat • 68g Protein



#### Simple Spinach Scramble

2 serving • 535 Cal

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

Ingredients for 2 serving:

- 60 grams Spinach
- 80 grams Onions
- 42.4 grams Red bell pepper
- 1 1/2 cup Egg white
- 4 large Egg
- 2 dash Salt
- 2 dash Pepper

### LUNCH

719 Cal • 79g Carbs (21g Fiber) • 37g Fat • 17g Protein



Savory chickpea salad  
2 serving • 586 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

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

## DINNER

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



Chickpea and Rosemary Frittata  
2 serving • 486 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 large Egg  
0.167 cup Parmesan cheese  
1 cup Chickpeas  
1 tbsp Rosemary  
1/2 tbsp Olive oil  
1/2 dash Salt  
1/2 dash Pepper

## Recipe directions

### **Egg and Cheese Breakfast Sandwich**

Directions are for original recipe of 1 sandwich

1. Preheat oven to 400 degrees F.
2. Toast bread to just under desired doneness in oven.
3. Spray a non-stick pan with non-stick spray and cook eggs to desired doneness. Place cooked egg onto a slice of just under-toasted bread. Place cheese on top of egg and top with remaining slice of bread.
4. Return to oven and allow to cook until cheese is melted.
5. Serve hot and enjoy!

### **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.

### **Peanut Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and enjoy!

### **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.

### **Gordon Ramsay's Scrambled Eggs**

Directions are for original recipe of 1 serving

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then 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.

### **Scallion Crusted Artic Char**

Directions are for original recipe of 2 serving

1. Preheat broiler. Line rack of broiler pan with foil.
2. Finely chop scallions and stir together with mayonnaise. Pat fillets dry. Place fillets, skin sides down, on broiler pan and season each fillet with a generous pinch of salt and pepper. Spread scallion mixture evenly over tops of fillets.
3. Broil 3 to 4 inches from heat until scallions are slightly charred and fish is just cooked through, about 8 minutes.

### **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).

### **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.

### **Tuna Stuffed Tomato**

Directions are for original recipe of 1 serving

1. Cut a large tomato in half. With a sharp knife or spoon, carefully remove some of the inside of the tomato to create a bowl.
2. Drain tuna and combine with chopped onions, cottage cheese, dill, and salt & pepper to taste. Stuff into tomato halves and enjoy!

### **Peanut Butter & Carrots**

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and 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.

### **Spinach onion Scramble**

Directions are for original recipe of 1 serving

1. Heat saute pan on medium/low heat. Melt butter.
2. Add onions and sweat in pan until translucent.
3. Add spinach and eggs. Gently stir and scramble eggs, add salt and pepper. Remove from heat.

### **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!

### **Tuna Patties**

Directions are for original recipe of 1 serving

1. Spray skillet with cooking spray and heat on medium.
2. Mix all ingredients together well.
3. Spoon mixture onto heated skillet. Divide the mixture to make six patties or a size that makes it easy to flip them over with a spatula without breaking.
4. Cook patties until both sides are a light brown, firm and there is no egg flowing out of patty.

### **Peanut butter and Tomato Toast**

Directions are for original recipe of 1 serving

1. Spread peanut butter on HOT toast.
2. Concerned with calories-- You don't have to lay it on really thick, just make sure you can taste it.
3. Now, completely cover the toast with tomato slices.
4. Cut sliced tomatoes in halves or quarters, if necessary, to accomplish this task.
5. Sprinkle liberally with black pepper, and add just a bit of salt, if desired.
6. Eat while toast is still hot.
7. If it gets cold, throw away and start over.
8. Well, I'd probably eat it anyway, but it's not as good cold.
9. Try it, you'll like it.
10. Trust me on this-- the salty peanut butter is just wonderful with the tomatoes, and at least a little bit of pepper is necessary.
11. I know, you're going EEEWWWWWW!
12. But if you give it a shot, who knows-- Maybe this is how you can find your inner weirdo.

### **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.



### **Savory chickpea salad**

Directions are for original recipe of 3 serving

1. Chop the celery.
2. Drain the chickpeas and place in a bowl. Mash with a potato masher (or large fork).
3. Add all of the remaining ingredients and blend.
4. Can be served as a salad with lettuce and/or crackers or as a sandwich.

### **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!

### **Easy Garlic Chicken**

Directions are for original recipe of 4 serving

1. Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

### **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.

### **Simple Spinach Scramble**

Directions are for original recipe of 1 serving

1. Clean the spinach off and throw it into a pan while still wet. Cook on medium heat and season with salt and pepper.
2. Once the spinach is wilted, add the onion and bell pepper and cook until the onions are translucent and the pepper chunks are soft.
3. Add the eggs and scramble until cooked. Top with salt and pepper. Excerpt From: Michael Matthews. The Shredded Chef. iBooks. <https://itun.es/ca/V7n-F.l>

### **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.