

Your Meal Plan

To make changes or re-build this plan, log in at 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

1849 Calories • 143g Carbs (22g Fiber) • 80g Fat • 140g Protein

BREAKFAST

512 Cal • 62g Carbs (3g Fiber) • 7g Fat • 50g Protein



2 Ingredient Protein Pancakes
1 serving • 237 Cal

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

Ingredients for 1 serving:

0.952 jumbo Egg

3 egg white (separated from yolk)
Egg white

0 small (6" to 6-7/8" long) Banana



Nonfat yogurt
2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

LUNCH

429 Cal • 65g Carbs (18g Fiber) • 4g Fat • 39g Protein



Mexican Cottage Cheese Salad
1 serving • 335 Cal

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

Ingredients for 1 serving:

1 cup, (not packed) Cottage cheese

1/2 cup Salsa

1/2 cup Canned black beans

2 cup shredded Lettuce



Apple
1 apple • 95 Cal

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

Ingredients for 1 apple:

1 medium (3" dia) Apples

DINNER

908 Cal • 17g Carbs (2g Fiber) • 69g Fat • 51g Protein



Egg Salad
2 serving • 908 Cal

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

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

16 large Egg

1 cup Light mayonnaise

2 tsp Pepper

1/2 tsp Paprika

60 grams Olives

Day 2

1798 Calories • 174g Carbs (21g Fiber) • 84g Fat • 102g Protein

BREAKFAST

413 Cal • 55g Carbs (9g Fiber) • 18g Fat • 12g Protein



Eggs with Hats on Top
1 serving • 244 Cal

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

Ingredients for 1 serving:
1 large Egg
1 slice Whole-wheat bread
1 tbsp Butter



Blueberries
2 cup • 169 Cal

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

Ingredients for 2 cup:
2 cup Blueberries

LUNCH

454 Cal • 8g Carbs (1g Fiber) • 35g Fat • 26g Protein



Egg Salad
1 serving • 454 Cal

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

Leftovers, eat 1 serving

DINNER

931 Cal • 111g Carbs (12g Fiber) • 31g Fat • 64g Protein



Vegan Mushroom-Cashew Pate
2 serving • 454 Cal

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

Ingredients for 2 serving:
1 1/4 cup whole Mushrooms
1 oz Cashew nuts
1/2 small Onions
1 tbsp Coconut oil
1/2 tbsp Parsley
1/2 dash Salt
1/2 dash Pepper
2 slice Whole-wheat bread



Yogurt & Banana
2 serving • 478 Cal

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

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
2 medium (7" to 7-7/8" long) Banana

Day 3

1790 Calories • 109g Carbs (39g Fiber) • 89g Fat • 127g Protein

BREAKFAST

693 Cal • 64g Carbs (31g Fiber) • 26g Fat • 42g 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



Oranges

1 fruit • 62 Cal

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

Ingredients for 1 fruit:

1 fruit (2-5/8" dia) Oranges



Nonfat yogurt

2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

LUNCH

454 Cal • 8g Carbs (1g Fiber) • 35g Fat • 26g Protein



Egg Salad

1 serving • 454 Cal

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

Leftovers, eat 1 serving

DINNER

643 Cal • 36g Carbs (7g Fiber) • 28g Fat • 60g Protein



Seitan and Mushrooms in Paprika Cream

2 serving • 643 Cal

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

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

2 1/4 tbsp Olive oil

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

24 oz Seitan

4 1/2 cup sliced Mushrooms

3 fl oz Red wine

3/4 cup Almond milk

3/4 cup Coconut milk

3 tbsp Wheat flour

3 tsp Paprika

1 1/2 dash Salt

1 1/2 dash Pepper

1 1/2 tbsp Parsley

Day 4

1799 Calories • 137g Carbs (23g Fiber) • 78g Fat • 137g Protein

BREAKFAST

474 Cal • 48g Carbs (5g Fiber) • 12g Fat • 43g Protein



2 Ingredient Protein Pancakes

2 serving • 474 Cal

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

Ingredients for 2 serving:

1.905 jumbo Egg

6 egg white (separated from yolk)
Egg white

1.98 small (6" to 6-7/8" long) Banana

LUNCH

643 Cal • 36g Carbs (7g Fiber) • 28g Fat • 60g Protein

**Seitan and Mushrooms in Paprika Cream**

2 serving • 643 Cal

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

Leftovers, eat 2 serving

DINNER

681 Cal • 53g Carbs (11g Fiber) • 37g Fat • 34g Protein

**Egg Salad**

1 serving • 454 Cal

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

Ingredients for 1 serving:

4 large Egg

1/4 cup Light mayonnaise

1/2 tsp Pepper

1/8 tsp Paprika

15 grams Olives

**Whole Wheat Toast**

2 serving • 141 Cal

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

Ingredients for 2 serving:

2 slice Whole-wheat bread

**Carrots**

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

Day 5

1787 Calories • 170g Carbs (26g Fiber) • 62g Fat • 148g Protein

BREAKFAST

902 Cal • 103g Carbs (12g Fiber) • 22g Fat • 79g Protein

**Banana Egg Pancakes**

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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

4 large Egg

**Nonfat greek yogurt**

2 cup • 283 Cal

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

Ingredients for 2 cup:

2 cup Nonfat greek yogurt

**Oranges**

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

2 fruit (2-5/8" dia) Oranges

LUNCH

643 Cal • 36g Carbs (7g Fiber) • 28g Fat • 60g Protein

**Seitan and Mushrooms in Paprika Cream**

2 serving • 643 Cal

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

Leftovers, eat 2 serving

DINNER

242 Cal • 31g Carbs (7g Fiber) • 12g Fat • 9g Protein



Rainy Day Vegan Tomato Soup
2 cup • 242 Cal

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

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

- 3 1/3 cup Tomatoes
- 1 1/4 cup Soymilk
- 1 2/3 tbsp Olive oil
- 3 1/3 cloves, minced Garlic
- 1 2/3 tbsp, drained Capers

Day 6

1761 Calories • 203g Carbs (59g Fiber) • 62g Fat • 105g Protein

BREAKFAST

664 Cal • 66g Carbs (37g Fiber) • 35g Fat • 18g 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



Buttered Toast
1 slice • 138 Cal

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

Ingredients for 1 slice:

- 1 slice Whole-wheat bread
- 2 tsp Butter



Blueberries
2 cup • 169 Cal

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

Ingredients for 2 cup:

- 2 cup Blueberries

LUNCH

362 Cal • 46g Carbs (10g Fiber) • 18g Fat • 13g Protein



Rainy Day Vegan Tomato Soup
3 cup • 362 Cal

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

Leftovers, eat 3 cup

DINNER

735 Cal • 90g Carbs (13g Fiber) • 10g Fat • 74g Protein



Mustardy Lentil & Sweet Potatoes
1 serving • 292 Cal

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

Ingredients for 1 serving:

- 1/4 cup Lentils
- 1/2 sweetpotato, 5" long Sweet potato
- 3/4 stalk Onions
- 1/4 cloves, minced Garlic
- 1/2 tbsp Sesame butter
- 1/2 tbsp Dijon mustard
- 1/4 tbsp Soy sauce
- 1/4 tbsp Lime juice
- 1/2 tsp Maple syrups
- 0.031 tsp Crushed red pepper flakes



Cottage Cheese & Peaches
2 serving • 442 Cal

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

Ingredients for 2 serving:

- 2 cup, (not packed) Cottage cheese
- 2 medium (2-2/3" dia) Peaches

Day 7

1786 Calories • 127g Carbs (30g Fiber) • 89g Fat • 131g Protein

BREAKFAST

468 Cal • 38g Carbs (0g Fiber) • 15g Fat • 42g Protein



Over Easy Eggs
2 serving • 194 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 extra large Egg
1 tsp Margarine



Nonfat yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt

LUNCH

831 Cal • 53g Carbs (20g Fiber) • 48g Fat • 59g Protein



Yogurt with Avocado & Basil
2 serving • 590 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
1 fruit Avocados
10 leaf, whole Basil



Peanut Butter & Carrots
1 serving • 241 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Peanut butter
1 cup chopped Carrots

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

2 Ingredient Protein Pancakes

Directions are for original recipe of 1 serving

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes blended.
2. Heat a greased griddle on medium heat and pour about a 2.5 inch wide puddle of batter.
3. Delicately flip the pancake after about 25 seconds or when it browns.

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.

Mexican Cottage Cheese Salad

Directions are for original recipe of 1 serving

1. Mix salsa, cottage cheese, and black beans together well. Serve on top of lettuce and enjoy.

Apple

Directions are for original recipe of 1 apple

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

Egg Salad

Directions are for original recipe of 2 serving

1. Place eggs in a medium saucepan with enough cold water to cover, and bring to a boil. Cover saucepan, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.
2. In a large bowl, mix eggs, mayonnaise, pepper, and paprika. Mash with a potato masher or fork until smooth. Gently stir in the olives. Refrigerate until serving.

Eggs with Hats on Top

Directions are for original recipe of 2 serving

1. With drinking glass turned upside down cut a hole in the center of your bread slices.
2. Save the circle you cut out of the center of the bread.
3. In frying pan over medium high heat, melt butter.
4. Put bread slices in skillet along with the circles you cut out of the center of the bread.
5. Crack an egg in each of the holes of bread.
6. Cover skillet for a minute or two or just until egg is starting to set up, and when bottom of bread is browned, then turn and fry on other side until browned.
7. Make sure you turn your little circles of bread over also.
8. Serve with your little circles of bread on top of the egg.
9. Season to taste.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

Vegan Mushroom-Cashew Pate

Directions are for original recipe of 4 serving

1. Toast cashews in a dry pan over medium heat until golden brown. You could also do this in the oven: 10 minutes at 180 C / 360 F.
2. Finely mince onion and add to coconut oil over medium heat on stovetop. Fry until translucent. Set aside onions and add sliced mushrooms to frying pan. Fry until golden brown on both sides. (Don't crowd them: you want them fried and browned, not steamed.)
3. Put cashews in food processor and mix until finely ground. Add other ingredients (onions, mushrooms, parsley, salt, pepper) and mix until smooth.
4. Serve on toast and enjoy!

Yogurt & Banana

Directions are for original recipe of 1 serving

1. Slice banana and mix with yogurt. Enjoy!

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!

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

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.

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.

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).

Banana Egg Pancakes

Directions are for original recipe of 2 pancakes

1. Mash the ripe banana.

2. Beat the eggs and stir in the banana.

3. Pour onto lightly oiled frying pan. Flip when bubbles. You can usually make 2 small pancakes per 2 eggs/1 banana.

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.

Rainy Day Vegan Tomato Soup

Directions are for original recipe of 3 cup

1. Lightly sautee the garlic and capers in oil in a saucepan, seasoning with salt and pepper.

2. Add the tomatoes, stir.

3. Using a hand blender, puree ingredients together carefully.

4. Add the soy milk, and simmer, blending more until desired smoothness.

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!

Mustardy Lentil & Sweet Potatoes

Directions are for original recipe of 4 serving

1. To steam the sweet potatoes, peel and chop them into ½-inch cubes. Place a steamer attachment over a large pot of boiling water. Steam the potatoes for 15-20 minutes, or until they're very tender. Set them aside.
2. Rinse the lentils and place them in a small pot with enough water to cover them by a few inches. Bring them to a boil and reduce them to a simmer. Simmer for 25 minutes, or until they're tender but firm when you taste them. Drain them.
3. Transfer the sweet potatoes, lentils, and chopped green onions to a large mixing bowl.
4. Whisk together the garlic, tahini, mustard, soy sauce, lime juice, maple syrup, and red pepper, along with 1 tablespoon water. Pour this mixture over the sweet potato and lentils. Mix everything well. Check for seasoning and add extra lime juice, mustard, or salt to taste. Serve.

Cottage Cheese & Peaches

Directions are for original recipe of 1 serving

1. Cut peach in half and remove pit.
2. Cut peach into bite-size pieces and mix with cottage cheese. Enjoy!

Over Easy Eggs

Directions are for original recipe of 2 serving

1. Melt 1 small teaspoon of margarine in a pan
2. Fry 2 eggs in a pan with a pot lid over top for about 2 minutes. Be careful not to break the yolks!

Yogurt with Avocado & Basil

Directions are for original recipe of 1 serving

1. Top yogurt with chopped basil and avocado. Enjoy!

Peanut Butter & Carrots

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and 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.