

## Your Meal Plan

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### Day 1

2003 Calories • 204g Carbs (27g Fiber) • 51g Fat • 190g Protein

#### BREAKFAST

745 Cal • 104g Carbs (19g Fiber) • 35g Fat • 19g Protein



Pumpkin Spread with Toasted Pita

2 serving • 745 Cal

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

Ingredients for 2 serving:

1 cup Pumpkin

4 tbsp Sesame butter

1 tsp Cinnamon

2 tbsp Honey

1 pita, large (6-1/2" dia) Pita bread

#### LUNCH

688 Cal • 33g Carbs (2g Fiber) • 9g Fat • 114g Protein



Cottage cheese and salsa

2 serving • 688 Cal

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

Ingredients for 2 serving:

4 cup, (not packed) Cottage cheese

8 tbsp Salsa

#### DINNER

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs

2 serving • 570 Cal

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

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

3 breast, bone and skin removed  
Chicken breast

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

1 1/2 large Onions

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

1 1/2 cup (8 fl oz) Barbecue sauce

## Day 2

2029 Calories • 156g Carbs (21g Fiber) • 92g Fat • 139g Protein

### BREAKFAST

665 Cal • 26g Carbs (3g Fiber) • 46g Fat • 35g Protein



Over Easy Eggs  
4 serving • 388 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving:  
4 extra large Egg  
2 tsp Margarine



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

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

### LUNCH

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



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

Leftovers, eat 2 serving

### DINNER

795 Cal • 64g Carbs (13g Fiber) • 39g Fat • 48g Protein



BBQ Chicken Sandwich  
1 Sandwich • 470 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 Sandwich:  
1/2 breast, bone and skin removed  
Chicken breast  
2 slice Whole-wheat bread  
1 serving 2 tbsp Barbecue sauce  
1 oz Cheddar cheese



Garlic green beans  
2 serving • 325 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 tsp Garlic powder  
2 tbsp Butter  
1 package (10 oz) Green beans

## Day 3

1936 Calories • 219g Carbs (26g Fiber) • 71g Fat • 118g Protein

### BREAKFAST

745 Cal • 104g Carbs (19g Fiber) • 35g Fat • 19g Protein



Pumpkin Spread with Toasted Pita  
2 serving • 745 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup Pumpkin  
4 tbsp Sesame butter  
1 tsp Cinnamon  
2 tbsp Honey  
1 pita, large (6-1/2" dia) Pita bread

### LUNCH

617 Cal • 78g Carbs (7g Fiber) • 8g Fat • 58g Protein



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

Leftovers, eat 2 serving



Cantaloupe  
2 slices • 47 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 slices:  
2 wedge, medium (1/8 of medium melon) Melons

## DINNER

575 Cal • 37g Carbs (1g Fiber) • 29g Fat • 41g Protein



Barbeque Chicken  
1 serving • 344 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/3 cup (8 fl oz) Barbecue sauce  
1/2 tbsp Butter  
1/2 tbsp Worcestershire sauce  
1/3 tsp Garlic powder  
1 half breast (fillet) Chicken breast



Cheese slices  
2 serving • 230 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 oz Cheddar cheese

## Day 4

1967 Calories • 117g Carbs (25g Fiber) • 92g Fat • 167g Protein

## BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich  
2 sandwich • 732 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:  
4 large Egg  
4 tbsp Light mayonnaise  
4 tsp Dijon mustard  
2 dash Salt  
2 dash Pepper  
4 slice Whole-wheat bread

## LUNCH

530 Cal • 41g Carbs (18g Fiber) • 35g Fat • 20g Protein



Bell Pepper and Hummus Snack  
2 serving • 201 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper  
4 tbsp Hummus



Almonds  
2 ounce • 328 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:  
2 oz (23 whole kernels) Almonds

## DINNER

706 Cal • 20g Carbs (0g Fiber) • 19g Fat • 107g Protein



Garlic Chicken  
2 serving • 706 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
6 breast, bone and skin removed Chicken breast  
6 cloves, minced Garlic  
6 tbsp Brown sugar  
1 1/2 tbsp Olive oil  
1 1/2 tsp Salt  
1 1/2 tsp Pepper

## Day 5

1925 Calories • 144g Carbs (22g Fiber) • 81g Fat • 156g Protein

### BREAKFAST

488 Cal • 25g Carbs (3g Fiber) • 35g Fat • 20g Protein



Eggs with Hats on Top  
2 serving • 488 Cal

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

Ingredients for 2 serving:  
2 large Egg  
2 slice Whole-wheat bread  
2 tbsp Butter

### LUNCH

706 Cal • 20g Carbs (0g Fiber) • 19g Fat • 107g Protein



Garlic Chicken  
2 serving • 706 Cal

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

Leftovers, eat 2 serving

### DINNER

731 Cal • 99g Carbs (18g Fiber) • 27g Fat • 29g Protein



Curried Egg Sandwiches  
1 serving • 286 Cal

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

Ingredients for 1 serving:  
1 large Egg  
1/8 cup Light mayonnaise  
1/4 tsp Curry powder  
1/4 dash Salt  
1/4 dash Pepper  
2 slice Whole-wheat bread



Celery & Hummus  
2 serving • 245 Cal

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

Ingredients for 2 serving:  
4 stalks, large (11 inches long) Celery  
1/2 cup Hummus



Tomato soup  
2 cup • 200 Cal

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

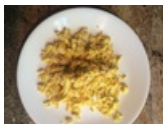
Ingredients for 2 cup:  
1 can (10.7 oz) Tomato soup  
1 cup Water

## Day 6

1983 Calories • 153g Carbs (34g Fiber) • 84g Fat • 156g Protein

### BREAKFAST

610 Cal • 9g Carbs (6g Fiber) • 57g Fat • 21g Protein



Curry Cheddar Scrambled Eggs  
1 serving • 219 Cal

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

Ingredients for 1 serving:  
1/4 tsp Curry powder  
1 dash Salt  
1 dash Pepper  
2 large Egg  
2 tbsp, shredded Cheddar cheese  
1/2 tsp Butter



Pecans  
2 ounce • 392 Cal

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

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

### LUNCH

752 Cal • 32g Carbs (1g Fiber) • 19g Fat • 108g Protein



Garlic Chicken  
2 serving • 706 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Watermelon  
1 cup, diced • 46 Cal (152 g)  
[Link to Full Nutrition](#)

**DINNER**

621 Cal • 112g Carbs (27g Fiber) • 7g Fat • 27g Protein



Black Beans and Rice  
2 cup • 621 Cal  
[Directions](#) | [Full Recipe](#)

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

- 0.8 tbsp Olive oil
- 0.8 large Onions
- 0.533 cloves, minced Garlic
- 0.6 cup White rice
- 1.2 cup Vegetable Broth
- 0.8 tsp, ground Cumin
- 2.8 cup Canned black beans
- 0.2 tsp Cayenne pepper

## Day 7

2011 Calories • 247g Carbs (45g Fiber) • 72g Fat • 103g Protein

**BREAKFAST**

713 Cal • 53g Carbs (5g Fiber) • 39g Fat • 42g 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



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

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



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

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

**LUNCH**

621 Cal • 112g Carbs (27g Fiber) • 7g Fat • 27g Protein



Black Beans and Rice  
2 cup • 621 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 cup

**DINNER**

677 Cal • 81g Carbs (14g Fiber) • 26g Fat • 34g 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



### Microwave Poached Eggs

2 serving • 143 Cal

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

Ingredients for 2 serving:

2 large Egg

0.26 tsp Vinegar

0.66 cup Water

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### Red Bell Pepper and Hummus

2 serving • 278 Cal

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

Ingredients for 2 serving:

1/2 cup Hummus

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

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## Recipe directions

### **Pumpkin Spread with Toasted Pita**

Directions are for original recipe of 1 serving

1. Stir together pumpkin, sesame butter, cinnamon, and honey until well-blended. Serve pumpkin spread on toasted pita.

### **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.

### **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.

### **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!

### **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!

### **BBQ Chicken Sandwich**

Directions are for original recipe of 1 Sandwich

1. To cook chicken, 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.
2. Toast bread. Chop cooked chicken breast. Assemble sandwich by spreading barbecue sauce on both pieces of bread, top with cheese and chicken. Serve.

### **Garlic green beans**

Directions are for original recipe of 2 serving

1. If using frozen green beans (I like the french cut ones), boil water, add green beans for 8-10 minutes, drain, add garlic and butter and stir.
2. If using canned green beans, heat green beans in saucepan with garlic powder and butter.

### **Cantaloupe**

Directions are for original recipe of 8 slices

1. Cut cantaloupe into cubes or wedge slices. 1 cup of cubes is about 2 wedges of a medium melon (each wedge = 1/8 of a melon).

### **Barbeque Chicken**

Directions are for original recipe of 2 serving

1. Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
2. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

### **Cheese slices**

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

### **Egg Salad Sandwich**

Directions are for original recipe of 1 sandwich

1. Hard boil eggs: Place the eggs in a single layer at the bottom of a saucepan. Cover with at least an inch or two of cold water. Heat the pot on high heat and bring the water to a full rolling boil. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 15 minutes. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.
2. Peel and chop hard boiled eggs once they've cooled a bit. Add mayo, mustard, salt, and pepper.
3. Mix well and spread on bread or toast to make a sandwich.

### **Bell Pepper and Hummus Snack**

Directions are for original recipe of 1 serving

1. 1 bell pepper sliced with 2 tbsp hummus.

### **Garlic Chicken**

Directions are for original recipe of 4 serving

1. Preheat oven to 450°F. Line a baking dish or cookie sheet with aluminum foil and lightly coat with cooking spray or lightly brush with oil.
2. In small sauté pan, sauté garlic with the oil until tender. Remove from heat and stir in brown sugar. Add additional herbs and spices as desired.
3. Season chicken with salt and pepper. Place breasts in a prepared baking dish and cover with the garlic and brown sugar mixture.
4. Bake uncovered for 15-30 minutes, or until juices run clear. Cooking time will depend on the size and thickness of your chicken.



### **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.

### **Curried Egg Sandwiches**

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan in a single layer. Cover eggs with cold water to cover just about an inch over eggs. Heat over high heat, then once boiling, cover pan with lid and turn off heat. Let eggs stand for 12 minutes, then drain immediately and cool under cold water. Peel.
2. Mix together mayonnaise and curry powder in a bowl. Chop eggs up then gently stir in, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.

### **Celery & Hummus**

Directions are for original recipe of 1 serving

1. Eat celery with hummus.

### **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 :)

### **Curry Cheddar Scrambled Eggs**

Directions are for original recipe of 1 serving

1. Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese.
2. Melt the margarine in a skillet over medium heat. Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

### **Black Beans and Rice**

Directions are for original recipe of 5 cup

1. Use canned, drained black beans or cook beforehand. Chop onions and garlic.
2. In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and saute for 4 minutes. Add the rice and saute for 2 minutes.
3. Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans.



### **Vanilla protein milkshake**

Directions are for original recipe of 1 shake

1. Mix in blender.

### **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.

### **Microwave Poached Eggs**

Directions are for original recipe of 1 serving

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.

### **Red Bell Pepper and Hummus**

Directions are for original recipe of 1 serving

1. Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.