

Your Meal Plan

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Day 1

2015 Calories • 323g Carbs (42g Fiber) • 64g Fat • 77g Protein

BREAKFAST

550 Cal • 132g Carbs (16g Fiber) • 3g Fat • 13g Protein



Fast Oatmeal
2 bowl • 489 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 oz (60 raisins) Raisins
2 cup Water
1/2 tsp Cinnamon
4 tsp brownulated Brown sugar
1 cup Oatmeal



Oranges
1 fruit • 62 Cal
[Directions](#) | [Full Recipe](#)

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

LUNCH

646 Cal • 108g Carbs (11g Fiber) • 19g Fat • 19g 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



Vegan meatball sliders
2 sliders • 291 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sliders:
2 pieces Meatless Meatballs
1/3 cup, shredded Cabbage
1/3 medium (4-1/8" long) Scallions
0.167 tbsp Vegan Mayo
0.167 tbsp Vinegar
0.021 tsp Celery seed
0.042 tsp Salt
0.042 tsp Pepper
0.111 cup (8 fl oz) Barbecue sauce
2 roll (1 oz) Dinner rolls

DINNER

819 Cal • 83g Carbs (15g Fiber) • 42g Fat • 45g Protein



Peanut Tofu
1 serving • 591 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):
9 tbsp Peanut butter
3 block Tofu
4 1/2 cloves, minced Garlic
1 1/2 tbsp Ginger root
1 1/2 tbsp Brown sugar
3 tsp Soy sauce
1 1/2 cup 1/2" pieces Green beans
15 mushroom Mushrooms



Vegan Coconut & Beetroot Balls
1 serving • 229 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/8 cup Coconut meat
1/8 cup Buckwheat groats
1/4 beet (2" dia) Beets
1 1/2 date, pitted Dates
0.063 tsp Vanilla extract

Day 2

1951 Calories • 214g Carbs (43g Fiber) • 97g Fat • 90g Protein

BREAKFAST

615 Cal • 92g Carbs (15g Fiber) • 24g Fat • 21g Protein



Peanut Butter & Banana Oatmeal
2 serving • 615 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 cup Oatmeal
1 cup Water
1 medium (7" to 7-7/8" long) Banana
2 1/2 tbsp Peanut butter with omega-3

LUNCH

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein



Peanut Tofu
1 serving • 591 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

745 Cal • 90g Carbs (19g Fiber) • 34g Fat • 28g Protein



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

Ingredients for 2 serving:
2 tbsp Olive oil
4 cloves, minced Garlic
1/2 lb Tofu
4 cup 1/2" pieces Green beans



Microwaved sweet potato
2 potato • 224 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 potato:
2 sweetpotato, 5" long Sweet potato

Day 3

2006 Calories • 232g Carbs (33g Fiber) • 104g Fat • 73g Protein

BREAKFAST

744 Cal • 96g Carbs (10g Fiber) • 42g Fat • 10g Protein



Oatmeal and raisins

1 cup • 353 Cal

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

Ingredients for 1 cup:

1/3 cup Water
3 tbsp Maple syrups
1/4 cup (not packed) Raisins
1/3 cup Oatmeal



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein



Peanut Tofu

1 serving • 591 Cal

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

Leftovers, eat 1 serving

DINNER

671 Cal • 103g Carbs (14g Fiber) • 24g Fat • 22g Protein



Canned Vegetable Soup with Tofu

2 cups • 272 Cal

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

Ingredients for 2 cups:

1 can (10.5 oz) Vegetarian vegetable soup
150 grams Tofu
2 tbsp Parsley



Green Beans with Olive Oil

2 serving • 189 Cal

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

Ingredients for 2 serving:

2 1/4 cup 1/2" pieces Green beans
1 tbsp Olive oil
1/2 tsp Salt



Banana

2 banana • 210 Cal

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

Ingredients for 2 banana:

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

Day 4

1837 Calories • 213g Carbs (50g Fiber) • 68g Fat • 119g Protein

BREAKFAST

787 Cal • 87g Carbs (16g Fiber) • 22g Fat • 64g Protein



Banana oatmeal smoothie

2 shake • 787 Cal

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

Ingredients for 2 shake:

1 medium (7" to 7-7/8" long) Banana
2 cup Almond milk
1/2 cup Oatmeal
2 tbsp Peanut butter
2 scoop Rice protein

LUNCH

579 Cal • 100g Carbs (24g Fiber) • 19g Fat • 12g Protein



Banana Almond Butter
4 tbsp • 407 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 tbsp:
2 medium (7" to 7-7/8" long) Banana
2 tbsp Almond butter



Carrots
2 cup • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Baby carrots

DINNER

471 Cal • 25g Carbs (10g Fiber) • 26g Fat • 43g Protein



Broiled sesame tofu
2 serving • 471 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 7 serving (eat 2 serving now, save 5 serving for leftovers):
3 1/2 tbsp Soy sauce
7/8 tbsp Vegetable oil
1 3/4 dash Pepper
3 1/2 cup chopped Carrots
3 1/2 cup Tofu
1 3/4 tsp Balsamic vinegar
1 3/4 large Scallions
0.438 tsp Sesame oil

Day 5

1963 Calories • 230g Carbs (48g Fiber) • 90g Fat • 76g Protein

BREAKFAST

572 Cal • 91g Carbs (13g Fiber) • 21g Fat • 15g Protein



Banana & Almond Butter Toast
2 serving • 572 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 slice, regular Rye bread
2 tbsp Almond butter
2 medium (7" to 7-7/8" long) Banana

LUNCH

566 Cal • 51g Carbs (14g Fiber) • 27g Fat • 44g Protein



Broiled sesame tofu
2 serving • 471 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

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

DINNER

825 Cal • 88g Carbs (21g Fiber) • 43g Fat • 18g Protein



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

Ingredients for 2 serving:
10 2/3 oz Chickpeas
3 1/3 tbsp Vegan Mayo
2/3 tbsp Pickle relish
2/3 dash Pepper
2/3 dash Salt
2/3 stalks, large (11 inches long) Celery



Yam Fries
1 cup • 239 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup, cubes Yam
1/2 tsp Salt
1/2 tsp Pepper
1/2 tbsp Olive oil

Day 6

1923 Calories • 219g Carbs (31g Fiber) • 88g Fat • 98g Protein

BREAKFAST

574 Cal • 94g Carbs (16g Fiber) • 20g Fat • 16g Protein



Knock-Oats
1 bowl • 451 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1/2 cup Quick oats
1 medium (7" to 7-7/8" long) Banana
2 tbsp Peanut butter
1 tsp Cinnamon



Oranges
2 fruit • 123 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 fruit:
2 fruit (2-5/8" dia) Oranges

LUNCH

707 Cal • 38g Carbs (15g Fiber) • 40g Fat • 65g Protein



Broiled sesame tofu
3 serving • 707 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

642 Cal • 87g Carbs (0g Fiber) • 29g Fat • 17g Protein



Easy Olive Oil, Tomato, and Basil Pasta
2 serving • 642 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
1/2 dash Pepper
1/2 dash Salt
1/4 cup leaves, whole Basil
1/4 cup Olive oil
1 plum tomato Tomatoes
1 cloves, minced Garlic
8 oz Whole wheat pasta

Day 7

1923 Calories • 236g Carbs (33g Fiber) • 91g Fat • 53g Protein

BREAKFAST

572 Cal • 91g Carbs (13g Fiber) • 21g Fat • 15g Protein



Banana & Almond Butter Toast
2 serving • 572 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 slice, regular Rye bread
2 tbsp Almond butter
2 medium (7" to 7-7/8" long) Banana

LUNCH

642 Cal • 87g Carbs (0g Fiber) • 29g Fat • 17g Protein



Easy Olive Oil, Tomato, and Basil Pasta

2 serving • 642 Cal

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

Leftovers, eat 2 serving

DINNER

709 Cal • 58g Carbs (20g Fiber) • 42g Fat • 21g Protein



Savory chickpea salad

2 serving • 586 Cal

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

Ingredients for 2 serving:

10 2/3 oz Chickpeas

3 1/3 tbsp Vegan Mayo

2/3 tbsp Pickle relish

2/3 dash Pepper

2/3 dash Salt

2/3 stalks, large (11 inches long)
Celery



Celery & Hummus

1 serving • 123 Cal

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

Ingredients for 1 serving:

2 stalks, large (11 inches long)

Celery

1/4 cup Hummus

Recipe directions

Fast Oatmeal

Directions are for original recipe of 1 bowl

1. Add the oats, water and raisins together and put in the microwave for 45 seconds. Stir once and then microwave again for 45 seconds. Set it aside for a couple of minutes to absorb more liquid. Then sprinkle with cinnamon and brown sugar.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

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.

Vegan meatball sliders

Directions are for original recipe of 12 sliders

1. PREP: Chop the scallions and cabbage finely enough to make a slaw.
2. Cook the meatballs according to the package/recipe directions (this recipe uses the packaged Trader Joe's meatless meatballs).
3. Toss the cabbage and scallions with the vegan mayo, cider vinegar, and celery seed; season with a quarter teaspoon each salt and pepper.
4. Toss the meatballs with the barbecue sauce. Dividing evenly, top the rolls with the meatballs and slaw.

Peanut Tofu

Directions are for original recipe of 2 serving

1. Peanut sauce: In a small saucepan, heat peanut butter, soy sauce, finely chopped ginger and garlic, and brown sugar on low heat until all ingredients are mixed. Add water to desired consistency of sauce.
2. While heating the peanut sauce, heat tofu either by boiling or broiling (broiling will take longer, about 30 minutes in the oven). Also, steam cook the green beans and sliced mushrooms on the stove top in a little water for a few minutes until tender.
3. Combine tofu and peanut sauce with steamed vegetables. Enjoy!

Vegan Coconut & Beetroot Balls

Directions are for original recipe of 4 serving

1. Place coconut and buckwheat into a food processor fitted with the S blade and process into a fine flour.
2. Add beetroot, pitted dates, vanilla extract and process until well combined.
3. Wet hands a little bit with water and roll spoonful of the dough into little balls. Roll in shredded coconut and place them on a sheet of baking paper. For the best result, let sit them in the fridge overnight to firm. Transfer to an airtight container and store in the fridge. Enjoy!

Peanut Butter & Banana Oatmeal

Directions are for original recipe of 1 serving

1. Pour oats and water together in a bowl or Tupperware if you need to have your breakfast on the go. Add more or less water depending on the consistency you like.
2. Cut the banana into thin slices, and add it to the other ingredients
3. Microwave for 1-2 minutes at 800W. If you use more water, you may need to microwave longer.
4. Mix everything together, and add the peanut butter on the top of the mixture.

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.

Microwaved sweet potato

Directions are for original recipe of 1 potato

1. Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
2. If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

Oatmeal and raisins

Directions are for original recipe of 1 cup

1. Combine raisins with water and stir in the oatmeal. Microwave until cooked according to package directions, about 2 minutes.
2. Remove, add maple syrup, and eat.

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.

Green Beans with Olive Oil

Directions are for original recipe of 4 serving

1. PREPARATION: Trim green beans.
2. Cook beans in a 6-quart pot of boiling salted water , uncovered, until just tender, 4 to 6 minutes. Drain in a colander, then transfer to a large bowl and toss with oil, sea salt, and pepper to taste.

Banana oatmeal smoothie

Directions are for original recipe of 2 shake

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

Banana Almond Butter

Directions are for original recipe of 2 tbsp

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

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).

Broiled sesame tofu

Directions are for original recipe of 4 serving

1. Heat the broiler to high and arrange a rack in the top third of the oven. Cover a baking sheet with foil; set aside.
2. Whisk the soy sauce, vegetable oil, and a pinch of pepper in a medium shallow bowl to combine. Dip the carrots and tofu pieces into the soy sauce mixture to coat (let the excess sauce drip off and back into the bowl), then lay the pieces on the baking sheet so they are not touching. Set the remaining sauce aside.
3. Broil the carrots and tofu until browned on all sides, about 20 minutes total, turning the tofu every 5 minutes to brown on four sides and flipping the carrots after 10 minutes. Remove from the oven.
4. Add the chopped scallion, vinegar, and sesame oil to the reserved sauce and stir to combine. Add the broiled carrots and tofu to the sauce and toss to coat. Serve.

Banana & Almond Butter Toast

Directions are for original recipe of 1 serving

1. Toast bread to desired doneness.
2. Spread almond butter on toast.
3. Top with banana slices 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.

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.

Yam Fries

Directions are for original recipe of 2 cup

1. Preheat Oven to 450 Degrees
2. Cut Yams into wedges or fry-shapes. No need to wash or peel as this makes them more crispy
3. Put cubes along with oil, salt, and pepper into bag and seal
4. Shake bag until yams are covered
5. Line baking sheet with yams (make sure they are evenly spaced and none are touching)
6. Bake for 15 minutes and then pull and flip yams and bake for another 10 minutes
7. Let cool for 5 minutes and then enjoy.

Knock-Oats

Directions are for original recipe of 1 bowl

1. Prepare oatmeal according to package instructions. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

Easy Olive Oil, Tomato, and Basil Pasta

Directions are for original recipe of 8 serving

1. Cut basil into thin strips. Seed & dice tomatoes.
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 large bowl, gently toss the cooked pasta, tomatoes, olive oil, garlic, and basil. Season with salt and pepper.

Celery & Hummus

Directions are for original recipe of 1 serving

1. Eat celery with hummus.