

## Your Meal Plan

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

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### Day 1

3021 Calories • 244g Carbs (48g Fiber) • 123g Fat • 267g Protein

<b>BREAKFAST</b>		1280 Cal • 117g Carbs (15g Fiber) • 35g Fat • 133g Protein
	<p>Oatmeal banana protein shake 2 shake • 1093 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 2 shake:</p> <ul style="list-style-type: none"> <li>1 cup Oatmeal</li> <li>120 grams Whey protein powder</li> <li>1 medium (7" to 7-7/8" long) Banana</li> <li>2 tbsp Flaxseed oil</li> <li>3 cup Water</li> </ul>
	<p>Strawberries 1 cup • 46 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 1 cup:</p> <ul style="list-style-type: none"> <li>1 cup, whole Strawberries</li> </ul>
	<p>Nonfat greek yogurt 1 cup • 142 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 1 cup:</p> <ul style="list-style-type: none"> <li>1 cup Nonfat greek yogurt</li> </ul>
<b>LUNCH</b>		766 Cal • 38g Carbs (11g Fiber) • 43g Fat • 67g Protein
	<p>Peanut Butter Protein Yogurt 1 serving • 356 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 1 serving:</p> <ul style="list-style-type: none"> <li>1 cup Nonfat greek yogurt</li> <li>1 scoop (30g) Whey protein powder</li> <li>1 tbsp Peanut butter</li> </ul>
	<p>Cauliflower and Tahini 2 serving • 411 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 2 serving:</p> <ul style="list-style-type: none"> <li>2 cup chopped, (1/2" pieces) Cauliflower</li> <li>4 tbsp Sesame butter</li> </ul>
<b>DINNER</b>		975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein
	<p>Kung Pao Tempeh 2 serving • 975 Cal</p> <p><a href="#">Directions</a>   <a href="#">Full Recipe</a></p>	<p>Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):</p> <ul style="list-style-type: none"> <li>24 oz Tempeh</li> <li>6 cup Mixed vegetables</li> <li>6 tsp Soy sauce</li> <li>3/4 cup Peanuts</li> <li>3 dash Salt</li> <li>3 dash Pepper</li> </ul>

## Day 2

3081 Calories • 285g Carbs (44g Fiber) • 148g Fat • 176g Protein

### BREAKFAST

794 Cal • 86g Carbs (14g Fiber) • 44g Fat • 22g Protein



**Banana Tahini Toast**  
1 serving • 422 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/4 cup Cream cheese  
2 tbsp Sesame butter  
1 slice Whole-wheat bread  
1/2 medium (7" to 7-7/8" long)  
Banana



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

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



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

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

### LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



**Kung Pao Tempeh**  
2 serving • 975 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

### DINNER

1313 Cal • 111g Carbs (9g Fiber) • 59g Fat • 88g Protein



**Sweet Grilled Cheese**  
2 serving • 943 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 tsp Butter  
4 slice Whole-wheat bread  
4 slice (1 oz) Cheddar cheese  
4 tsp packed Brown sugar



**Yogurt & Applesauce**  
2 serving • 370 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup Applesauce  
16 oz Nonfat greek yogurt

# Day 3

2994 Calories • 363g Carbs (55g Fiber) • 125g Fat • 160g Protein

## BREAKFAST

838 Cal • 209g Carbs (16g Fiber) • 3g Fat • 11g Protein



### Oatmeal and raisins

2 cup • 705 Cal

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

Ingredients for 2 cup:

0.66 cup Water

6 tbsp Maple syrups

1/2 cup (not packed) Raisins

0.66 cup Oatmeal



### Fruit salad

1 serving • 133 Cal

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

Ingredients for 1 serving:

1 cup, halves Strawberries

1 cup Blueberries

## LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



### Kung Pao Tempeh

2 serving • 975 Cal

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

Leftovers, eat 2 serving

## DINNER

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



### Peanut Tofu

2 serving • 1181 Cal

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

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

18 tbsp Peanut butter

6 block Tofu

9 cloves, minced Garlic

3 tbsp Ginger root

3 tbsp Brown sugar

6 tsp Soy sauce

3 cup 1/2" pieces Green beans

30 mushroom Mushrooms

## Day 4

2963 Calories • 253g Carbs (35g Fiber) • 133g Fat • 224g Protein

### BREAKFAST

659 Cal • 44g Carbs (7g Fiber) • 32g Fat • 51g Protein



#### Baked Spinach and Eggs

1 serving • 461 Cal

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

Ingredients for 1 serving:

6 cup Spinach  
4 large Egg  
1 dash Salt  
1 dash Pepper  
1/4 cup, crumbled Feta cheese  
1 tsp Butter



#### Nonfat yogurt

1 bowl • 137 Cal

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

Ingredients for 1 bowl:

1 cup (8 fl oz) Nonfat yogurt



#### Oranges

1 fruit • 62 Cal

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

Ingredients for 1 fruit:

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

### LUNCH

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



#### Peanut Tofu

2 serving • 1181 Cal

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

Leftovers, eat 2 serving

### DINNER

1122 Cal • 143g Carbs (9g Fiber) • 23g Fat • 91g Protein



#### Canned Vegetable Soup with Tofu

4 cups • 543 Cal

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

Ingredients for 4 cups:

2 can (10.5 oz) Vegetarian vegetable soup  
300 grams Tofu  
4 tbsp Parsley



#### Sliced bell pepper

1 pepper • 37 Cal

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

Ingredients for 1 pepper:

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



#### Cottage Cheese & Raisins

2 serving • 542 Cal

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

Ingredients for 2 serving:

1/2 cup (not packed) Raisins  
2 cup, (not packed) Cottage cheese

# Day 5

3027 Calories • 249g Carbs (49g Fiber) • 145g Fat • 228g Protein

## BREAKFAST

825 Cal • 84g Carbs (9g Fiber) • 22g Fat • 78g 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



**Strawberries**  
1 cup • 46 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:  
1 cup, whole Strawberries

## LUNCH

1227 Cal • 77g Carbs (19g Fiber) • 78g Fat • 83g Protein



**Peanut Tofu**  
2 serving • 1181 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

## DINNER

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



**Kung Pao Tempeh**  
2 serving • 975 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):  
16 oz Tempeh  
4 cup Mixed vegetables  
4 tsp Soy sauce  
1/2 cup Peanuts  
2 dash Salt  
2 dash Pepper

## Day 6

2995 Calories • 284g Carbs (48g Fiber) • 141g Fat • 183g Protein

### BREAKFAST

947 Cal • 93g Carbs (13g Fiber) • 37g Fat • 69g Protein



#### Oatmeal Banana Peanut Butter Chocolate Shake

1 shake • 670 Cal

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

Ingredients for 1 shake:

60 grams Whey protein powder  
1 medium (7" to 7-7/8" long) Banana  
1/2 cup Oatmeal  
2 tbsp Peanut butter  
2 cup Water



#### Buttered Toast

2 slice • 277 Cal

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

Ingredients for 2 slice:

2 slice Whole-wheat bread  
4 tsp Butter

### LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



#### Kung Pao Tempeh

2 serving • 975 Cal

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

Leftovers, eat 2 serving

### DINNER

1073 Cal • 103g Carbs (14g Fiber) • 59g Fat • 47g Protein



#### Hot Peanut Butter and Banana Sandwich

1 serving • 626 Cal

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

Ingredients for 1 serving:

2 tbsp Peanut butter  
2 slice Whole-wheat bread  
1 small (6" to 6-7/8" long) Banana  
2 tbsp Butter



#### Cauliflower and Tahini

1 serving • 205 Cal

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

Ingredients for 1 serving:

1 cup chopped, (1/2" pieces) Cauliflower  
2 tbsp Sesame butter



#### Yogurt & Raisins

1 serving • 242 Cal

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

Ingredients for 1 serving:

8 oz Nonfat greek yogurt  
1/4 cup (not packed) Raisins

## Day 7

3048 Calories • 284g Carbs (43g Fiber) • 142g Fat • 206g Protein

### BREAKFAST

911 Cal • 112g Carbs (12g Fiber) • 36g Fat • 49g Protein



**Peanut Butter Banana Toast**  
2 slice • 770 Cal

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

Ingredients for 2 slice:  
2 slice Whole-wheat bread  
1 large (8" to 8-7/8" long) Banana  
2 tbsp Honey  
4.031 tbsp Peanut butter



**Nonfat greek yogurt**  
1 cup • 142 Cal

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

Ingredients for 1 cup:  
1 cup Nonfat greek yogurt

### LUNCH

955 Cal • 106g Carbs (12g Fiber) • 29g Fat • 75g Protein



**1000 Calorie Shake**  
1 shake • 955 Cal

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

Ingredients for 1 shake:  
2 tbsp Peanut butter  
1 cup Reduced fat milk  
1 cup Quick oats  
1 medium (7" to 7-7/8" long) Banana  
60 grams Whey protein powder

### DINNER

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



**Peanut Tofu**  
2 serving • 1181 Cal

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

Ingredients for 2 serving:  
6 tbsp Peanut butter  
2 block Tofu  
3 cloves, minced Garlic  
1 tbsp Ginger root  
1 tbsp Brown sugar  
2 tsp Soy sauce  
1 cup 1/2" pieces Green beans  
10 mushroom Mushrooms

## Recipe directions

### **Oatmeal banana protein shake**

Directions are for original recipe of 1 shake

1. Add everything to a blender with two scoops of flaxseed oil. Replace some of the water with ice for a colder shake. Blend.

### **Strawberries**

Directions are for original recipe of 1 cup

1. Wash and eat.

### **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.

### **Peanut Butter Protein Yogurt**

Directions are for original recipe of 1 serving

1. Mix protein powder and peanut butter into greek yogurt until well-combined.
2. Enjoy!

### **Cauliflower and Tahini**

Directions are for original recipe of 1 serving

1. Serve cauliflower pieces with tahini for dipping. Enjoy!

### **Kung Pao Tempeh**

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

### **Banana Tahini Toast**

Directions are for original recipe of 1 serving

1. Place cream cheese and tahini in medium bowl; stir until well combined. Toast bread and spread tahini mixture on top of toast. Top with banana slices and enjoy!

### **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!

### **Apple**

Directions are for original recipe of 1 apple

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

### **Sweet Grilled Cheese**

Directions are for original recipe of 1 serving

1. Heat a skillet over medium heat. Spread butter onto one side of a piece of bread and place butter side down in the skillet. Place one piece of cheese on top of the bread, then sprinkle with brown sugar. Top with the other slice of cheese. Butter the other slice of bread and place on top with the butter side up. Fry on each side until golden brown, 3 to 5 minutes per side.

### **Yogurt & Applesauce**

Directions are for original recipe of 1 serving

1. Mix together and enjoy!

### **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.



### **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!

### **Baked Spinach and Eggs**

Directions are for original recipe of 1 serving

1. Preheat the oven to 400°F. Lightly grease with butter an individual ramekin or other small oven safe dish that can accommodate the eggs and spinach.
2. Place the spinach in a deep skillet or a large frying pan. Add a little water (2-3 Tablespoons). Using medium heat, cook the spinach just until wilted, roughly 3-4 minutes. Use either your hand or a spatula to pack in the spinach. Drain the excess water well.
3. Distribute the spinach evenly among the prepared ramekins or oven-safe dishes. Crack 1-2 eggs on top of the spinach. Season lightly with salt and pepper - lightly because Feta cheese is pretty salty on its own. Sprinkle the crumbled feta cheese on top.
4. Place the baking dishes or ramekins on a cookie sheet and bake for about 15-18 minutes or until the eggs are set/cooked (whites are set and yolks look firm on the edges) to your liking. Enjoy!

### **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.

### **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange 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.

### **Sliced bell pepper**

Directions are for original recipe of 1 pepper

1. Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy! Optionally eat with a side of hummus dip (there are other pepper + dip recipes on ETM you can swap in).

### **Cottage Cheese & Raisins**

Directions are for original recipe of 1 serving

1. Mix raisins into cottage cheese and enjoy!

### **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.

### **Oatmeal Banana Peanut Butter Chocolate Shake**

Directions are for original recipe of 1 shake

1. Put all ingredients into blender. Blend until smooth. Use unsweetened almond milk (30 calories, 1g carbohydrate, 1g protein, 0g fat per cup) in place of water if you prefer a creamier shake.

### **Hot Peanut Butter and Banana Sandwich**

Directions are for original recipe of 1 serving

1. PREPARATION: Mash ripe banana with fork.
2. Spread peanut butter evenly on 1 slice of bread, then spread mashed banana on other slice, leaving a 1/4-inch border around edge. Close sandwich, gently pressing bread slices together.
3. Heat butter in an 8- to 10-inch heavy skillet over moderate heat until foam subsides, then fry sandwich, turning over once, until golden brown, about 2 minutes total.
4. Eat immediately with a knife and fork.

### **Yogurt & Raisins**

Directions are for original recipe of 1 serving

1. Mix raisins into yogurt and enjoy!

### **Peanut Butter Banana Toast**

Directions are for original recipe of 2 slice

1. Toast bread to your liking.
2. Divide peanut butter and spread on toast.
3. Drizzle honey over the peanut butter.
4. Cut bananas length wise and lay across peanut butter.
5. Heat in microwave for 10 seconds.
6. Enjoy with a glass of milk.

### **1000 Calorie Shake**

Directions are for original recipe of 1 shake

1. Blend all ingredients in blender on high speed.