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
1219 Calories • 122g Carbs (20g Fiber) • 40g Fat • 102g Protein

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>446 Cal • 56g Carbs (11g Fiber) • 9g Fat • 39g Protein</th>
</tr>
</thead>
</table>
| Cottage Cheese with Raspberries | Ingredients for 2 serving:  
| 2 serving • 323 Cal | 1 1/2 cup, (not packed) Cottage cheese  
|  | 0.66 tbsp Coconut meat  
|  | 1/2 cup Raspberries  
| Directions | Full Recipe |
| Oranges | Ingredients for 2 fruit:  
| 2 fruit • 123 Cal | 2 fruit (2-5/8" dia) Oranges  
| Directions | Full Recipe |

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>391 Cal • 60g Carbs (8g Fiber) • 8g Fat • 27g Protein</th>
</tr>
</thead>
</table>
| Apples and Almond Butter | Ingredients for 1 apple:  
| 1 apple • 159 Cal | 2 tsp Almond butter  
|  | 1 medium (3" dia) Apples  
| Directions | Full Recipe |
| Yogurt & Mango | Ingredients for 1 serving:  
| 1 serving • 233 Cal | 1 cup, sliced Mangos  
|  | 8 oz Nonfat greek yogurt  
| Directions | Full Recipe |

<table>
<thead>
<tr>
<th>DINNER</th>
<th>382 Cal • 6g Carbs (1g Fiber) • 23g Fat • 37g Protein</th>
</tr>
</thead>
</table>
| Arctic Char with Pistachio Orange Vinaigrette | Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):  
| 1 serving • 382 Cal | 3/4 medium (4-1/8" long) Scallions  
|  | 18 oz Trout  
|  | 1 1/2 tbsp Pistachio nuts  
|  | 3/4 fruit (2-7/8" dia) Oranges  
|  | 3/4 tbsp Lemon juice  
|  | 2 1/4 tbsp Olive oil  
| Directions | Full Recipe |
## Day 2

1244 Calories • 127g Carbs (16g Fiber) • 38g Fat • 103g Protein

### BREAKFAST

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs (Fiber)</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast fruit smoothie</td>
<td>410 Cal</td>
<td>12g (2g)</td>
<td>38g</td>
<td>103g</td>
</tr>
<tr>
<td>Nonfat yogurt</td>
<td>274 Cal</td>
<td>71g (3g)</td>
<td>2g</td>
<td>30g</td>
</tr>
</tbody>
</table>

#### Breakfast fruit smoothie

8 oz • 135 Cal

**Directions | Full Recipe**

**Ingredients for 8 oz:**
- 1/2 cup, halves Strawberries
- 1/2 medium (7" to 7-7/8" long) Banana
- 1/2 cup Orange juice

**Directions | Full Recipe**

#### Nonfat yogurt

2 bowl • 274 Cal

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

### LUNCH

382 Cal • 6g Carbs (1g Fiber) • 23g Fat • 37g Protein

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs (Fiber)</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arctic Char with Pistachio Orange Vinaigrette</td>
<td>382 Cal</td>
<td>6g (1g)</td>
<td>23g</td>
<td>37g</td>
</tr>
</tbody>
</table>

#### Arctic Char with Pistachio Orange Vinaigrette

1 serving • 382 Cal

**Directions | Full Recipe**

**Leftovers, eat 1 serving**

**Ingredients for 1 serving:**
- 2 fillet Trout
- 1/2 tbsp Light mayonnaise
- 2 medium (4-1/8" long) Scallions

### DINNER

452 Cal • 50g Carbs (11g Fiber) • 13g Fat • 36g Protein

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs (Fiber)</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scallion Crusted Artic Char</td>
<td>261 Cal</td>
<td>11g (11g)</td>
<td>13g</td>
<td>36g</td>
</tr>
<tr>
<td>Banana</td>
<td>105 Cal</td>
<td>1 medium (7&quot; to 7-7/8&quot; long) Banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>86 Cal</td>
<td>1 cup Baby carrots</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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

#### Banana

1 banana • 105 Cal

**Directions | Full Recipe**

#### Carrots

1 cup • 86 Cal

**Directions | Full Recipe**

### Day 3

1185 Calories • 106g Carbs (18g Fiber) • 36g Fat • 111g Protein

### BREAKFAST

387 Cal • 75g Carbs (11g Fiber) • 4g Fat • 16g Protein

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs (Fiber)</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal and peaches</td>
<td>176 Cal</td>
<td>1/2 cup Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>212 Cal</td>
<td>3 slice Whole-wheat bread</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Oatmeal and peaches

1 bowl • 176 Cal

**Directions | Full Recipe**

**Ingredients for 1 bowl:**
- 1/2 cup Water
- 1/2 cup slices Peaches
- 1/2 cup Oatmeal
- 1 tsp brownulated Brown sugar

#### Whole Wheat Toast

3 serving • 212 Cal

**Directions | Full Recipe**

**Ingredients for 3 serving:**
- 3 slice Whole-wheat bread
### LUNCH

<table>
<thead>
<tr>
<th>Arctic Char with Pistachio Orange Vinaigrette</th>
<th>Leftovers, eat 1 serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving • 382 Cal</td>
<td></td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

### DINNER

<table>
<thead>
<tr>
<th>Easy Grilled Chicken</th>
<th>Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 serving • 416 Cal</td>
<td>2 breast, bone and skin removed Chicken breast</td>
</tr>
<tr>
<td></td>
<td>1 cup Italian dressing</td>
</tr>
<tr>
<td></td>
<td>2 large (2-1/4 per pound, approx 3-3/4&quot; lo Red bell pepper</td>
</tr>
<tr>
<td></td>
<td>1 large Zucchini</td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

### Day 4

1209 Calories • 121g Carbs (20g Fiber) • 29g Fat • 121g Protein

### BREAKFAST

<table>
<thead>
<tr>
<th>Dairy-Free Strawberry Oatmeal</th>
<th>Ingredients for 1 bowl:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bowl • 194 Cal</td>
<td>1/2 cup Water</td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

**Nonfat greek yogurt**

<table>
<thead>
<tr>
<th>1 cup • 142 Cal</th>
<th>Ingredients for 1 cup:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup Nonfat greek yogurt</td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

### LUNCH

<table>
<thead>
<tr>
<th>Easy Grilled Chicken</th>
<th>Leftovers, eat 2 serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 serving • 416 Cal</td>
<td></td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

### DINNER

<table>
<thead>
<tr>
<th>Chicken Fajitas</th>
<th>Ingredients for 1 serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving • 234 Cal</td>
<td>1/2 breast, bone and skin removed Chicken breast</td>
</tr>
<tr>
<td></td>
<td>1/2 medium (approx 2-3/4&quot; long, 2-1/2 dia.) Red bell pepper</td>
</tr>
<tr>
<td></td>
<td>1/4 onion Onions</td>
</tr>
<tr>
<td></td>
<td>1/4 tsp Fajita Seasoning Mix</td>
</tr>
<tr>
<td></td>
<td>3/8 tbsp Canola Oil</td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**

<table>
<thead>
<tr>
<th>Rice Cakes with Banana &amp; Almond Butter</th>
<th>Ingredients for 1 serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving • 223 Cal</td>
<td>1 small (6&quot; to 6-7/8&quot; long) Banana</td>
</tr>
<tr>
<td></td>
<td>1 tbsp Almond butter</td>
</tr>
<tr>
<td></td>
<td>1 cakes Rice cakes</td>
</tr>
</tbody>
</table>

**Directions | Full Recipe**
Day 5

1187 Calories • 114g Carbs (15g Fiber) • 40g Fat • 97g Protein

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>Calories • Carbs (Fiber) • Fat • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cantaloupe</strong></td>
<td>371 Cal • 46g Carbs (6g Fiber) • 18g Fat • 9g Protein</td>
</tr>
<tr>
<td>4 slices • 94 Cal</td>
<td>Ingredients for 4 slices: 4 wedge, medium (1/8 of medium melon) Melons</td>
</tr>
<tr>
<td><strong>Buttered Toast</strong></td>
<td>2 slice • 277 Cal</td>
</tr>
<tr>
<td>Ingredients for 2 slice: 2 slice Whole-wheat bread 4 tsp Butter</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Calories • Carbs (Fiber) • Fat • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cottage cheese and salsa</strong></td>
<td>430 Cal • 37g Carbs (8g Fiber) • 5g Fat • 59g Protein</td>
</tr>
<tr>
<td>1 serving • 344 Cal</td>
<td>Ingredients for 1 serving: 2 cup, (not packed) Cottage cheese 4 tbsp Salsa</td>
</tr>
<tr>
<td><strong>Carrots</strong></td>
<td>1 cup • 86 Cal</td>
</tr>
<tr>
<td>Ingredients for 1 cup: 1 cup Baby carrots</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DINNER</th>
<th>Calories • Carbs (Fiber) • Fat • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Honey Pecan Chicken Breast</strong></td>
<td>386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein</td>
</tr>
<tr>
<td>1 serving • 386 Cal</td>
<td>Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers): 3 half breast (fillet) Chicken breast 3/8 cup Wheat flour 0.188 cup Honey 0.188 cup, chopped Pecans 2 1/4 tbsp Butter</td>
</tr>
</tbody>
</table>

Day 6

1158 Calories • 126g Carbs (12g Fiber) • 32g Fat • 97g Protein

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>Calories • Carbs (Fiber) • Fat • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Corn Flakes</strong></td>
<td>391 Cal • 78g Carbs (8g Fiber) • 6g Fat • 12g Protein</td>
</tr>
<tr>
<td>1 bowl • 222 Cal</td>
<td>Ingredients for 1 bowl: 1 cup Corn flakes 1 cup Reduced fat milk</td>
</tr>
<tr>
<td><strong>Blueberries</strong></td>
<td>2 cup • 169 Cal</td>
</tr>
<tr>
<td>Ingredients for 2 cup: 2 cup Blueberries</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LUNCH</th>
<th>Calories • Carbs (Fiber) • Fat • Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blueberries</strong></td>
<td>386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein</td>
</tr>
</tbody>
</table>
### Honey Pecan Chicken Breast
1 serving • 386 Cal

**Leftovers, eat 1 serving**

**Directions | Full Recipe**

### Peachy Keen Chicken
1 serving • 209 Cal

**Ingredients for 1 serving:**
- 1/2 cup, halves or slices Peaches
- 1/8 tsp Honey
- 1 half breast (fillet) Chicken breast
- 1/4 tsp Olive oil
- 1/4 dash Pepper
- 1/4 dash Salt

**Directions | Full Recipe**

### Cottage Cheese with Radishes
1 serving • 172 Cal

**Ingredients for 1 serving:**
- 1 cup, (not packed) Cottage cheese
- 1 dash Salt
- 1 dash Pepper
- 1/2 cup slices Radishes

**Directions | Full Recipe**

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### Day 7

1219 Calories • 121g Carbs (9g Fiber) • 36g Fat • 95g Protein

### BREAKFAST

377 Cal • 55g Carbs (6g Fiber) • 3g Fat • 34g Protein

#### Cantaloupe
4 slices • 94 Cal

**Ingredients for 4 slices:**
- 4 wedge, medium (1/8 of medium melon) Melons

**Directions | Full Recipe**

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

**Ingredients for 1 cup:**
- 1 cup Nonfat greek yogurt

**Directions | Full Recipe**

#### Whole Wheat Toast
2 serving • 141 Cal

**Ingredients for 2 serving:**
- 2 slice Whole-wheat bread

**Directions | Full Recipe**

### LUNCH

386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein

#### Honey Pecan Chicken Breast
1 serving • 386 Cal

**Leftovers, eat 1 serving**

**Directions | Full Recipe**

### DINNER

456 Cal • 35g Carbs (2g Fiber) • 16g Fat • 32g Protein
Sautéed Flounder with Orange-Shallot Sauce
2 serving • 456 Cal

Directions | Full Recipe

Recipe directions

Cottage Cheese with Raspberries
Directions are for original recipe of 1 serving
1. Spoon cottage cheese into a bowl. Sprinkle with coconut flakes, and top with fresh rinsed raspberries.

Oranges
Directions are for original recipe of 1 fruit
1. Peel or slice orange and eat.

Apples and Almond Butter
Directions are for original recipe of 1 apple
1. Core and quarter a medium apple. Spread with 2 tsp creamy natural almond butter.

Yogurt & Mango
Directions are for original recipe of 1 serving
1. Cut up mango and mix into yogurt. Enjoy!

Arctic Char with Pistachio Orange Vinaigrette
Directions are for original recipe of 4 serving
1. PREPARATION: Slice scallion. Chop pistachios or pecans.
2. Preheat broiler.
3. Put fish, skin side down, on foil-lined rack of a broiler pan. Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper (total), then brush with 1 tablespoon oil.
4. Broil 4 to 5 inches from heat until just cooked through, 6 to 8 minutes.
5. Meanwhile, grate zest from orange with a Microplane and squeeze 1/4 cup juice.
6. Whisk together zest, orange juice, lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper, then add remaining 2 tablespoons oil in a slow stream, whisking. Stir in scallion.
7. Transfer fillets (without skin; it will be stuck to foil) with a metal spatula to plates, then drizzle with some of vinaigrette and sprinkle with nuts. Serve remaining vinaigrette on the side.

Ingredients for 2 serving:
- 0.167 cup Wheat flour
- 1/4 tsp Salt
- 1/2 dash Pepper
- 8 oz Flatfish
- 1/2 tbsp Olive oil
- 2 tbsp chopped Shallots
- 2 fl oz White wine
- 1/2 cup Orange juice
- 1 tsp Dijon mustard
- 1 tsp Butter
- 1 tbsp Parsley
**Breakfast fruit smoothie**  
Directions are for original recipe of 16 oz  
1. Just put all the ingredients in the blender and blend until smooth. Optionally, blend with ice. Then drink and 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.

**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).

**Oatmeal and peaches**  
Directions are for original recipe of 1 bowl  
1. Puree the peaches. Mix together with water and oats. Optionally, use milk instead of water for a creamier taste.
2. Microwave for 45 seconds, stir, then microwave for 30 more seconds. Sprinkle with brown sugar and eat.

**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.

**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.

**Dairy-Free Strawberry Oatmeal**  
Directions are for original recipe of 1 bowl  
1. Puree strawberries. Mix together with water and oats.
2. Microwave for 45 seconds, stir, then microwave for 30 seconds more.
3. Sprinkle with brown sugar and enjoy!
**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.

**Chicken Fajitas**  
Directions are for original recipe of 4 serving  
1. Slice peppers, onions, and chicken breasts into long strips.  
2. Heat 1½ Tbsp oil in a large pan. Cook peppers and onions on medium heat until onions begin to turn translucent. Remove from pan.  
3. Add chicken strips. Cook until no longer pink, stirring frequently. Return vegetables to pan. Add seasoning mix (use the recipe in this book, or a purchased envelope) with about ½ cup of water. Cook until water is reduced.  
4. Serve in warmed flour tortillas with toppings of your choice: grated cheese, sour cream, guacamole, tomatoes, salsa, etc.

**Rice Cakes with Banana & Almond Butter**  
Directions are for original recipe of 1 serving  
1. Peel banana and cut into rounds. Spread rice cake with almond butter and top with banana slices. Enjoy!

**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).

**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!

**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.

**Honey Pecan Chicken Breast**  
Directions are for original recipe of 4 serving  
1. Dredge the breasts in flour, shaking off excess.  
2. Heat about 2/3 of your butter in a heavy skillet over medium heat.  
3. Add the breasts and brown on both sides, about 5-6 minutes.  
4. Stir together the remaining tablespoon butter, honey and pecans.  
5. Add to the skillet, stir gently.  
6. Cover and simmer gently for 7-8 minutes.  
7. Remove breasts to a serving platter, pour sauce over and serve.

**Corn Flakes**  
Directions are for original recipe of 1 bowl  
1. Pour cereal into bowl followed by milk. Eat.
Blueberries
Directions are for original recipe of 1 cup
1. Wash and enjoy

Peachy Keen Chicken
Directions are for original recipe of 4 serving
1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
2. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

Cottage Cheese with Radishes
Directions are for original recipe of 1 serving
1. Cut radishes into quarters. Combine with cottage cheese and a dash of salt and pepper. Serve.

Sautéed Flounder with Orange-Shallot Sauce
Directions are for original recipe of 4 serving
1. Mix flour, salt and pepper in a shallow dish. Thoroughly dredge fish fillets in the mixture.
2. Heat oil in a large non-stick skillet over medium-high heat until shimmering but not smoking. Add the fish and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Transfer to a plate and cover loosely with foil.
3. Add shallot to the pan and cook over medium-high heat, stirring often, until softened and beginning to brown, about 3 minutes. Add wine and bring to a simmer, scraping up any browned bits. Cook until most of the liquid has evaporated, 1 to 2 minutes.
4. Add orange juice and mustard; bring to a boil. Reduce heat to low and simmer until the sauce thickens a bit, about 5 minutes. Add butter and parsley; stir until the butter has melted.
5. Transfer fish to individual plates, top with sauce and serve.
6. Serve immediately and enjoy!