

Your Meal Plan

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Day 1

1626 Calories • 102g Carbs (12g Fiber) • 71g Fat • 144g Protein

BREAKFAST

439 Cal • 5g Carbs (1g Fiber) • 32g Fat • 32g Protein



Scrambled Eggs with Spinach and Feta

2 serving • 439 Cal

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

Ingredients for 2 serving:

1 tsp Olive oil

1/4 cup, crumbled Feta cheese

2 cup Spinach

4 large Egg

LUNCH

693 Cal • 24g Carbs (5g Fiber) • 22g Fat • 97g Protein



Tuna Stuffed Tomato

2 serving • 693 Cal

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

Ingredients for 2 serving:

2 large Tomatoes

12 oz Tuna

2 dash Salt

2 dash Pepper

4 tbsp chopped Scallions

4 oz Cottage cheese

DINNER

495 Cal • 73g Carbs (6g Fiber) • 17g Fat • 15g Protein



Brown Butter and Butternut Squash Gnocchi

4 serving • 495 Cal

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

Ingredients for 12 serving (eat 4 serving now, save 8 serving for leftovers):

18 oz Gnocchi

3/4 medium (1 lb) Squash

3 tbsp Butter

0.188 cup Sage

1 1/2 oz Ricotta cheese

0.094 tsp Nutmeg

0.188 tsp Cinnamon

3/8 cup, grated Parmesan cheese

Day 2

1584 Calories • 141g Carbs (28g Fiber) • 65g Fat • 113g Protein

BREAKFAST

511 Cal • 33g Carbs (9g Fiber) • 29g Fat • 29g Protein



Vegetable 3 Egg Scramble

1 serving • 511 Cal

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

Ingredients for 1 serving:

1 tbsp Butter
1 cup Mixed vegetables
3 extra large Egg
1/8 tsp Salt
2 tbsp Tomato sauce

LUNCH

581 Cal • 93g Carbs (13g Fiber) • 18g Fat • 16g Protein



Brown Butter and Butternut Squash Gnocchi

4 serving • 495 Cal

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

Leftovers, eat 4 serving



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

DINNER

491 Cal • 15g Carbs (6g Fiber) • 19g Fat • 67g Protein



Cheesy Chicken and Spinach

1 serving • 389 Cal

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

Ingredients for 1 serving:

1 breast, bone and skin removed
Chicken breast
1 cup Spinach
1 cup cherry tomatoes Tomatoes
1 oz Mozzarella cheese



Spinach Recipe

1 serving • 102 Cal

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

Ingredients for 1 serving:

1/2 tbsp Olive oil
3/4 clove Garlic
1/4 dash Salt
1/2 bunch Spinach

Day 3

1626 Calories • 103g Carbs (13g Fiber) • 72g Fat • 142g Protein

BREAKFAST

461 Cal • 10g Carbs (4g Fiber) • 32g Fat • 36g 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

LUNCH

615 Cal • 76g Carbs (6g Fiber) • 18g Fat • 39g Protein



Brown Butter and Butternut Squash Gnocchi

4 serving • 495 Cal

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

Leftovers, eat 4 serving



Keto protein shake

1 shake • 120 Cal

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

Ingredients for 1 shake:

1 cup Water

30 grams Whey protein powder

DINNER

550 Cal • 17g Carbs (3g Fiber) • 22g Fat • 67g Protein



Caprese chicken

2 serving • 550 Cal

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

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

1 1/2 tbsp Olive oil

1 1/2 lb Chicken breast

1 1/2 tsp Salt

1 1/2 tsp Pepper

3/8 cup Balsamic vinegar

3 cloves, minced Garlic

37 1/2 cherry Tomatoes

3 tbsp, chopped Basil

6 oz Mozzarella cheese

Day 4

1628 Calories • 65g Carbs (19g Fiber) • 85g Fat • 147g Protein

BREAKFAST

445 Cal • 1g Carbs (0g Fiber) • 40g Fat • 19g Protein



Gordon Ramsay's Scrambled Eggs

1 serving • 445 Cal

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

Ingredients for 1 serving:

3 large Egg

1/2 tbsp Creme fraiche

2 tbsp Butter

LUNCH

550 Cal • 17g Carbs (3g Fiber) • 22g Fat • 67g Protein



Caprese chicken

2 serving • 550 Cal

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

Leftovers, eat 2 serving

DINNER

633 Cal • 47g Carbs (16g Fiber) • 23g Fat • 61g Protein



Healthy Caesar Salad

1 serving • 461 Cal

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

Ingredients for 1 serving:

1 tbsp Caesar salad dressing

3 cup Spinach

1 breast, bone and skin removed
Chicken breast

1 tbsp Olive oil

1 tbsp Parmesan cheese



Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots

Day 5

1612 Calories • 66g Carbs (16g Fiber) • 76g Fat • 160g Protein

BREAKFAST

511 Cal • 33g Carbs (9g Fiber) • 29g Fat • 29g Protein



Vegetable 3 Egg Scramble

1 serving • 511 Cal

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

Ingredients for 1 serving:

- 1 tbsp Butter
- 1 cup Mixed vegetables
- 3 extra large Egg
- 1/8 tsp Salt
- 2 tbsp Tomato sauce

LUNCH

550 Cal • 17g Carbs (3g Fiber) • 22g Fat • 67g Protein



Caprese chicken

2 serving • 550 Cal

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

Leftovers, eat 2 serving

DINNER

551 Cal • 15g Carbs (4g Fiber) • 25g Fat • 64g Protein



Cheesy Chicken and Spinach

1 serving • 389 Cal

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

Ingredients for 1 serving:

- 1 breast, bone and skin removed Chicken breast
- 1 cup Spinach
- 1 cup cherry tomatoes Tomatoes
- 1 oz Mozzarella cheese



Balsamic Sautéed Spinach

1 serving • 162 Cal

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

Ingredients for 1 serving:

- 1 tbsp Olive oil
- 2 cup Spinach
- 2 tbsp Balsamic vinegar
- 1 dash Salt
- 1 dash Pepper

Day 6

1569 Calories • 52g Carbs (12g Fiber) • 83g Fat • 152g Protein

BREAKFAST

645 Cal • 4g Carbs (1g Fiber) • 56g Fat • 31g Protein



Fluffy omelet with cheese and spinach

1 omelet • 545 Cal

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

Ingredients for 1 omelet:

- 3 extra large Egg
- 2 tbsp Butter
- 3/4 oz Cheddar cheese
- 1 tbsp chopped Chives
- 1 dash Salt
- 1 dash Pepper
- 6 leaf Spinach



Bacon

2 strips • 100 Cal

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

Ingredients for 2 strips:

- 2 strip Bacon

LUNCH

508 Cal • 23g Carbs (5g Fiber) • 19g Fat • 63g Protein



Cottage cheese and salsa
1 serving • 344 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 cup, (not packed) Cottage cheese
4 tbsp Salsa



Almonds
1 ounce • 164 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:
1 oz (23 whole kernels) Almonds

DINNER

416 Cal • 25g Carbs (6g Fiber) • 8g Fat • 58g Protein



Easy Grilled Chicken
2 serving • 416 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 5 serving (eat 2 serving now, save 3 serving for leftovers):
2 1/2 breast, bone and skin removed
Chicken breast
1 1/4 cup Italian dressing
2 1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 1/4 large Zucchini

Day 7

1594 Calories • 76g Carbs (23g Fiber) • 73g Fat • 158g Protein

BREAKFAST

464 Cal • 10g Carbs (4g Fiber) • 42g Fat • 17g Protein



Spinach onion Scramble
2 serving • 268 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 cup Spinach
4 tbsp chopped Onions
2 large Egg
2 dash Salt
2 dash Pepper
1 tbsp Butter



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

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

LUNCH

624 Cal • 37g Carbs (9g Fiber) • 12g Fat • 87g Protein



Easy Grilled Chicken
3 serving • 624 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

507 Cal • 29g Carbs (10g Fiber) • 19g Fat • 54g Protein



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



Grilled Polenta Chips

1 serving • 245 Cal

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

Ingredients for 1 serving:

2 oz Yellow Polenta

1/4 tbsp Olive oil

1 1/2 oz Nutritional Yeast

1/4 dash Pepper

1/4 dash Salt

Recipe directions

Scrambled Eggs with Spinach and Feta

Directions are for original recipe of 1 serving

1. Wilt spinach down in a small skillet over low heat with ½ teaspoon of olive oil. Season to taste.
2. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Sprinkle in the feta cheese and stir to combine and soften the cheese.

Tuna Stuffed Tomato

Directions are for original recipe of 1 serving

1. Cut a large tomato in half. With a sharp knife or spoon, carefully remove some of the inside of the tomato to create a bowl.
2. Drain tuna and combine with chopped onions, cottage cheese, dill, and salt & pepper to taste. Stuff into tomato halves and enjoy!

Brown Butter and Butternut Squash Gnocchi

Directions are for original recipe of 16 serving

1. Prepare the ingredients: Heat a medium pot of salted water to boiling on high. Halve the squash lengthwise; scoop out and discard the seeds and pulp. Using a sharp, sturdy knife, peel the squash; discard the peel. Small dice the squash. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves. Crumble the ricotta salata cheese.
2. Cook the squash: In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the squash and cook, stirring occasionally, 7 to 9 minutes, or until tender. Transfer to a bowl and set aside. Wipe down the pan.
3. Brown the Butter: Add the butter to the same pan used to cook the squash. Cook on medium-high, stirring occasionally, 15 to 30 seconds, until the butter foams. As the foam subsides, continue cooking, stirring occasionally and swirling the pan, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
4. Cook the gnocchi: While the butter browns, add the gnocchi to the pot of boiling water. Cook, stirring occasionally, 2 to 3 minutes, or until tender. Reserving ½ cup of the gnocchi cooking water, drain thoroughly and transfer to the pan of browned butter.
5. Finish the gnocchi: To the pan of gnocchi and browned butter, add the cooked squash, sage, Parmesan cheese, nutmeg, cinnamon, and half the reserved gnocchi cooking water. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining gnocchi cooking water to achieve your desired consistency.) Season with salt and pepper to taste. Transfer to a serving dish.

Vegetable 3 Egg Scramble

Directions are for original recipe of 1 serving

1. Melt the butter.
2. Mostly cook the vegetables.
3. Add the beaten eggs and then salt to the pan. Allow to cook until desired doneness.
4. Serve with tomato sauce.
5. 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).

Cheesy Chicken and Spinach

Directions are for original recipe of 1 serving

1. Cook chicken in a saucepan, season as desired. (If stuffing, slice open center prior to cooking.)
2. Cut up tomatoes and spinach in to bite sized pieces.
3. Sauté vegetables in pan, season with garlic and salt as desired.
4. Shred or grate preferred cheese, like mozzarella, and add to pan.
5. When chicken is done cooking remove it from heat. You can either smother the chicken or stuff it with the vegetables mix.

Spinach Recipe

Directions are for original recipe of 4 serving

1. Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2. Heat 2 tbsp. olive oil in a large skillet on medium-high heat. Add the garlic and saut for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4. After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

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!

Keto protein shake

Directions are for original recipe of 1 shake

1. Stir the whey into the water and drink. Ideally use flavored whey, but if you only have unflavored, add in a tiny bit of sweetener and cocoa powder to make it more palatable (both have a negligible amount of carbs).

Caprese chicken

Directions are for original recipe of 4 serving

1. In a large skillet over medium-high heat, heat oil.
2. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.
3. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.
4. Stir in basil.
5. Return chicken to skillet and nestle in tomatoes. Top with a slice of mozzarella and cover with lid to melt cheese.
6. Spoon tomatoes over chicken and serve.
7. Serve on top of pasta or rice for complete meal.

Gordon Ramsay's Scrambled Eggs

Directions are for original recipe of 1 serving

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

Healthy Caesar Salad

Directions are for original recipe of 1 serving

1. Spinach already comes in individual leaves, so you don't have to worry about ripping it apart in the morning when you're pressed for time.
2. Cook some chicken over the weekend and freeze it to increase the simplicity of preparing a lunchtime salad. To cook, 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.
3. Add chicken to the spinach before going to work.
4. In a separate container, mix the low-fat Caesar salad dressing with remaining olive oil.

Balsamic Sautéed Spinach

Directions are for original recipe of 1 serving

1. Heat olive oil in a pan over medium-high heat.
2. Cook spinach in olive oil and add balsamic vinegar, salt, and pepper.
3. Let spinach heat through and cook until slightly wilted. Remove from heat and enjoy!

Fluffy omelet with cheese and spinach

Directions are for original recipe of 1 omelet

1. (0.75 ounces cheddar cheese = 3 tablespoons, shredded. Use your preferred cheese)
2. Optional: Separate egg yolks. Stir egg yolks together in a bowl. In a separate bowl, beat the egg whites with a whisk or beater until soft peaks form. Fold the whites into the yolks. For a less fluffy result, just beat the eggs.
3. Preheat broiler to high temperature.
4. Heat a 10 inch (25cm) nonstick frying pan over medium heat and add butter. Once the butter sizzles, pour in egg mixture evenly over the pan. Reduce heat to low and cook until set and golden brown (about 5 mins).
5. Remove the pan from heat and sprinkle the top of the omelet with cheese, chives, salt, and pepper. Place omelet in frying pan under the broiler and cook until cheese melts, or 1-2 mins.
6. Remove frying pan from broiler, place spinach on top of cheese. Gently fold the omelet in half and serve.

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

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.

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.

Spinach onion Scramble

Directions are for original recipe of 1 serving

1. Heat saute pan on medium/low heat. Melt butter.
2. Add onions and sweat in pan until translucent.
3. Add spinach and eggs. Gently stir and scramble eggs, add salt and pepper. Remove from heat.

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.

Grilled Polenta Chips

Directions are for original recipe of 4 serving

1. Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2. Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3. Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4. Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!