

## Your Meal Plan

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### Day 1

1555 Calories • 100g Carbs (24g Fiber) • 80g Fat • 138g Protein

#### BREAKFAST

565 Cal • 55g Carbs (16g Fiber) • 46g Fat • 17g Protein



Oat Bran  
250 ml • 173 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 250 ml:  
1 cup Water  
1 dash Salt  
3/4 cup Oat bran



Pecans  
2 ounce • 392 Cal  
[Directions](#) | [Full Recipe](#)

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

#### LUNCH

483 Cal • 33g Carbs (7g Fiber) • 11g 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



Red Bell Pepper and Hummus  
1 serving • 139 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/4 cup Hummus  
1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper

#### DINNER

507 Cal • 12g Carbs (0g Fiber) • 23g Fat • 58g Protein



Easy Parmesan Crusted Chicken  
2 serving • 507 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
3/4 cup Light mayonnaise  
3/8 cup Parmesan cheese  
6 half breast (fillet) Chicken breast  
3 tbsp Bread crumbs

## Day 2

1558 Calories • 85g Carbs (13g Fiber) • 81g Fat • 119g Protein

### BREAKFAST

388 Cal • 2g Carbs (0g Fiber) • 29g Fat • 28g Protein



Over Easy Eggs  
4 serving • 388 Cal

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

Ingredients for 4 serving:

4 extra large Egg

2 tsp Margarine

### LUNCH

507 Cal • 12g Carbs (0g Fiber) • 23g Fat • 58g Protein



Easy Parmesan Crusted Chicken Leftovers, eat 2 serving  
2 serving • 507 Cal

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

### DINNER

663 Cal • 71g Carbs (13g Fiber) • 29g Fat • 33g Protein



Curried Egg Sandwiches  
2 serving • 571 Cal

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

Ingredients for 2 serving:

2 large Egg

1/4 cup Light mayonnaise

1/2 tsp Curry powder

1/2 dash Salt

1/2 dash Pepper

4 slice Whole-wheat bread



Zucchini Spears  
2 serving • 92 Cal

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

Ingredients for 2 serving:

0.167 tsp Salt

1 2/3 large Zucchini

## Day 3

1590 Calories • 105g Carbs (21g Fiber) • 62g Fat • 148g Protein

### BREAKFAST

596 Cal • 57g Carbs (9g Fiber) • 13g Fat • 61g Protein



Smoked salmon and cottage sandwich

2 sandwich • 455 Cal

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

Ingredients for 2 sandwich:

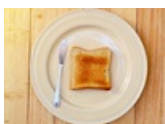
6 oz, boneless Chinook salmon

4 oz Cottage cheese

6 slice, medium (1/4" thick)

Tomatoes

2 slice Whole-wheat bread



Whole Wheat Toast  
2 serving • 141 Cal

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

Ingredients for 2 serving:

2 slice Whole-wheat bread

### LUNCH

507 Cal • 12g Carbs (0g Fiber) • 23g Fat • 58g Protein



Easy Parmesan Crusted Chicken Leftovers, eat 2 serving  
2 serving • 507 Cal

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

### DINNER

486 Cal • 36g Carbs (11g Fiber) • 26g Fat • 29g Protein



Chickpea and Rosemary Frittata  
2 serving • 486 Cal

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

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

- 6 large Egg
- 1/2 cup Parmesan cheese
- 3 cup Chickpeas
- 3 tbsp Rosemary
- 1 1/2 tbsp Olive oil
- 1 1/2 dash Salt
- 1 1/2 dash Pepper

## Day 4

1526 Calories • 121g Carbs (27g Fiber) • 64g Fat • 137g Protein

### BREAKFAST

434 Cal • 66g Carbs (14g Fiber) • 22g Fat • 18g Protein



Oat bran and cinnamon  
1 cup • 157 Cal

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

Ingredients for 1 cup:

- 2/3 cup Oat bran
- 1/2 tsp Cinnamon
- 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

486 Cal • 36g Carbs (11g Fiber) • 26g Fat • 29g Protein



Chickpea and Rosemary Frittata Leftovers, eat 2 serving  
2 serving • 486 Cal

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

### DINNER

606 Cal • 19g Carbs (3g Fiber) • 17g Fat • 90g Protein



Scallion Crusted Artichoke  
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



Cottage Cheese with Radishes  
2 serving • 345 Cal

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

Ingredients for 2 serving:

- 2 cup, (not packed) Cottage cheese
- 2 dash Salt
- 2 dash Pepper
- 1 cup slices Radishes

## Day 5

1606 Calories • 134g Carbs (25g Fiber) • 67g Fat • 117g Protein

### BREAKFAST

475 Cal • 29g Carbs (2g Fiber) • 13g Fat • 59g Protein



Egg in a nest  
1 piece • 191 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 piece:  
1 large Egg  
1 slice regular Multi-grain bread  
1/2 dash Salt  
1/2 tbsp Butter  
1/2 dash Pepper



Nonfat greek yogurt  
2 cup • 283 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:  
2 cup Nonfat greek yogurt

### LUNCH

486 Cal • 36g Carbs (11g Fiber) • 26g Fat • 29g Protein



Chickpea and Rosemary Frittata Leftovers, eat 2 serving  
2 serving • 486 Cal  
[Directions](#) | [Full Recipe](#)

### DINNER

645 Cal • 69g Carbs (12g Fiber) • 28g Fat • 29g Protein



Curried Egg Sandwiches  
2 serving • 571 Cal  
[Directions](#) | [Full Recipe](#)

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



Sliced bell pepper  
2 pepper • 74 Cal  
[Directions](#) | [Full Recipe](#)

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

## Day 6

1565 Calories • 104g Carbs (21g Fiber) • 59g Fat • 146g Protein

### BREAKFAST

523 Cal • 50g Carbs (7g Fiber) • 18g Fat • 38g Protein



Egg and Cheese Breakfast Sandwich  
2 sandwich • 523 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:  
4 slice Whole-wheat bread  
2 spray , about 1/3 second Pam cooking spray  
2 extra large Egg  
2 slice (3/4 oz) American cheese

### LUNCH

457 Cal • 8g Carbs (0g Fiber) • 5g Fat • 92g Protein



### Cottage Cheese with Spicy Tuna

2 serving • 457 Cal

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

Ingredients for 2 serving:

1 cup, (not packed) Cottage cheese

1 tsp Dill

2 can Tuna

2 tsp Sriracha Sauce

## DINNER

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



### Savory chickpea salad

2 serving • 586 Cal

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

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

21 1/3 oz Chickpeas

6 2/3 tbsp Vegan Mayo

1 1/3 tbsp Pickle relish

1 1/3 dash Pepper

1 1/3 dash Salt

1 1/3 stalks, large (11 inches long) Celery

## Day 7

1681 Calories • 118g Carbs (25g Fiber) • 82g Fat • 118g Protein

## BREAKFAST

569 Cal • 40g Carbs (0g Fiber) • 19g Fat • 58g Protein



### Cheese Egg White Omelette

1 omelette • 295 Cal

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

Ingredients for 1 omelette:

1 large Egg

1 dash Salt

1/4 cup, shredded Mozzarella cheese

1 dash Pepper

4 egg white (separated from yolk)

Egg white

1/2 tbsp Butter



### Nonfat yogurt

2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

## LUNCH

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



### Savory chickpea salad

2 serving • 586 Cal

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

Leftovers, eat 2 serving

## DINNER

526 Cal • 32g Carbs (11g Fiber) • 27g Fat • 45g Protein



### Caprese chicken

1 serving • 275 Cal

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

Ingredients for 1 serving:

1/4 tbsp Olive oil

1/4 lb Chicken breast

1/4 tsp Salt

1/4 tsp Pepper

0.063 cup Balsamic vinegar

1/2 cloves, minced Garlic

6 1/4 cherry Tomatoes

1/2 tbsp, chopped Basil

1 oz Mozzarella cheese



**Kale Chips**  
2 serving • 251 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 cup, chopped Kale  
1 tbsp Olive oil  
1/4 tsp Salt

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## Recipe directions

### **Oat Bran**

Directions are for original recipe of 250 ml

1. In a heavy saucepan, bring water and salt to a boil over high heat.
2. Pour in oat bran very slowly, stirring constantly. Reduce heat to medium.
3. Cook 1-3 minutes until thick and ready to serve.

### **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.

### **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.

### **Easy Parmesan Crusted Chicken**

Directions are for original recipe of 4 serving

1. Preheat oven to 425 degrees F.
2. Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
3. Bake 20 minutes or until chicken is thoroughly cooked.

### **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!

### **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.

### **Zucchini Spears**

Directions are for original recipe of 6 serving

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.

### **Smoked salmon and cottage sandwich**

Directions are for original recipe of 1 sandwich

1. Toast the bread. Layer the salmon, tomatoes and top with the cottage cheese. 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.

### **Chickpea and Rosemary Frittata**

Directions are for original recipe of 4 serving

1. Preheat oven to 400F and place a baking tray on the middle shelf.
2. Line an 8-inch springform pan with baking paper & grease with olive oil.
3. Whisk together lightly eggs and parmesan. Season with salt & pepper.
4. Place chickpeas in the prepared tin. Pour over the egg mixture & scatter over the rosemary. Season.
5. Place on the preheated tray and bake until golden and puffy and the centre feels firm and springy, about 15 minutes.

### **Oat bran and cinnamon**

Directions are for original recipe of 1 cup

1. Cook oat bran in water in microwave for 3 minutes. Let cool for 2-3 minutes, it will be hot! Add cinnamon on top to taste when cooked.

### **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!

### **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.

### **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.

### **Egg in a nest**

Directions are for original recipe of 2 piece

1. Cut or tear a 2-inch hole out of the center of each slice of bread.
2. Melt the butter in a large nonstick frying pan over medium heat until foaming. Add the bread slices. Crack an egg into each bread hole, season with salt and pepper, and cook until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip and cook until the second side is golden brown, about 3 minutes more for runny yolks. Serve immediately.

### **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.

### **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).

### **Egg and Cheese Breakfast Sandwich**

Directions are for original recipe of 1 sandwich

1. Preheat oven to 400 degrees F.
2. Toast bread to just under desired doneness in oven.
3. Spray a non-stick pan with non-stick spray and cook eggs to desired doneness. Place cooked egg onto a slice of just under-toasted bread. Place cheese on top of egg and top with remaining slice of bread.
4. Return to oven and allow to cook until cheese is melted.
5. Serve hot and enjoy!

### **Cottage Cheese with Spicy Tuna**

Directions are for original recipe of 1 serving

1. Drain tuna. Mix in bowl with cottage cheese and sriracha sauce. Enjoy!

### **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.

### **Cheese Egg White Omelette**

Directions are for original recipe of 1 omelette

1. Whisk one whole egg with egg whites season with salt and pepper
2. heat non stick skillet to medium low heat. add butter and allow to melt.
3. when butter is melted add egg and begin to swirl pan until egg covers the entire surface. continue to swirl making sure every part of egg begins to get cooked.
4. add cheese to 1/2 of omelette and fold the other side of the omelette over and allow cheese to melt. about one minute.
5. when omelette is finished gently slide onto plate.

### **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.



### **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.

### **Kale Chips**

Directions are for original recipe of 2 serving

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!