

Your Meal Plan

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Day 1

1568 Calories • 79g Carbs (27g Fiber) • 83g Fat • 140g Protein

BREAKFAST

366 Cal • 24g Carbs (4g Fiber) • 22g Fat • 21g Protein



Basic scrambled eggs
1 serving • 282 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
3 large Egg
1/2 tbsp Olive oil
1/2 tbsp chopped Chives
1/2 tbsp, ground Tarragon
1/2 dash Salt
1/2 dash Pepper



Blueberries
1 cup • 84 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Blueberries

LUNCH

400 Cal • 23g Carbs (12g Fiber) • 23g Fat • 32g Protein



Paleo Avocado Tuna Salad
1 serving • 364 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 fruit, without skin and seed
Avocados
1 lemon yields Lemon juice
1 tbsp chopped Onions
5 oz Tuna
1 dash Salt
1 dash Pepper



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

DINNER

801 Cal • 32g Carbs (11g Fiber) • 39g Fat • 88g Protein



Paleo Chicken Spinach
Meatballs
2 serving • 801 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2
serving now, save 4 serving for
leftovers):
48 oz crumbled Ground chicken
3 package (10 oz) yields Spinach
3 tsp Curry powder
3 cup, crushed, sliced, or chunks
Pineapple
3 dash Salt
3 dash Pepper

Day 2

1566 Calories • 97g Carbs (23g Fiber) • 71g Fat • 146g Protein

BREAKFAST

362 Cal • 33g Carbs (6g Fiber) • 10g Fat • 34g Protein



Simple Spinach Scramble

1 serving • 268 Cal

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

Ingredients for 1 serving:

- 30 grams Spinach
- 40 grams Onions
- 21.2 grams Red bell pepper
- 3/4 cup Egg white
- 2 large Egg
- 1 dash Salt
- 1 dash Pepper



Apple

1 apple • 95 Cal

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

Ingredients for 1 apple:

- 1 medium (3" dia) Apples

LUNCH

801 Cal • 32g Carbs (11g Fiber) • 39g Fat • 88g Protein



Paleo Chicken Spinach Meatballs

2 serving • 801 Cal

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

Leftovers, eat 2 serving

DINNER

402 Cal • 31g Carbs (5g Fiber) • 22g Fat • 23g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula

1 serving • 334 Cal

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

Ingredients for 1 serving:

- 1/2 tbsp Olive oil
- 1/4 dash Salt
- 3/4 tbsp Balsamic vinegar
- 1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
- 1 cup Arugula
- 1/4 large Onions
- 3/4 tbsp Honey
- 114 1/4 grams Italian sausage



Roasted asparagus

6 spears • 69 Cal

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

Ingredients for 6 spears:

- 6 spear, large (7-1/4" to 8-1/2") Asparagus
- 1/8 tsp Salt
- 3/8 tbsp Olive oil

Day 3

1628 Calories • 114g Carbs (17g Fiber) • 70g Fat • 145g Protein

BREAKFAST

135 Cal • 33g Carbs (3g Fiber) • 1g Fat • 2g Protein



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

LUNCH

801 Cal • 32g Carbs (11g Fiber) • 39g Fat • 88g Protein



Paleo Chicken Spinach
Meatballs
2 serving • 801 Cal

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

Leftovers, eat 2 serving

DINNER

692 Cal • 49g Carbs (3g Fiber) • 31g Fat • 55g Protein



Curry-Strawberry Chicken
1 serving • 692 Cal

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

Ingredients for 3 serving (eat 1
serving now, save 2 serving for
leftovers):
1 1/8 cup Russian dressing
1 1/2 tbsp Curry powder
2 1/4 tbsp Onion soup
0.188 cup Strawberry jam
3 breast, bone and skin removed
Chicken breast

Day 4

1554 Calories • 193g Carbs (24g Fiber) • 48g Fat • 101g Protein

BREAKFAST

454 Cal • 111g Carbs (19g Fiber) • 3g Fat • 10g Protein



Green Kiwi Smoothie
1 serving • 370 Cal

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

Ingredients for 1 serving:
1 cucumber (8-1/4") Cucumber
1 extra large (9" or longer) Banana
4 fruit (2" dia) Kiwi fruit
3 cup Spinach



Blueberries
1 cup • 84 Cal

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

Ingredients for 1 cup:
1 cup Blueberries

LUNCH

692 Cal • 49g Carbs (3g Fiber) • 31g Fat • 55g Protein



Curry-Strawberry Chicken
1 serving • 692 Cal

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

Leftovers, eat 1 serving

DINNER

409 Cal • 34g Carbs (2g Fiber) • 14g Fat • 36g Protein



Maple Glazed Salmon
1 serving • 309 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Maple syrups
1/2 tbsp Hoisin sauce
1/2 tsp Dijon mustard
1/8 tsp Pepper
6 oz Atlantic salmon
1/2 tsp Vegetable oil



Tomato soup
1 cup • 100 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1/2 can (10.7 oz) Tomato soup
1/2 cup Water

Day 5

1621 Calories • 109g Carbs (18g Fiber) • 75g Fat • 127g Protein

BREAKFAST

475 Cal • 29g Carbs (5g Fiber) • 30g Fat • 25g Protein



Denver omelet
1 omelet • 390 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 omelet:
2 extra large Egg
2 tbsp chopped Onions
1/4 cup, chopped Red bell pepper
2 slice Sliced ham
1 tbsp Olive oil



Blueberries
1 cup • 84 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Blueberries

LUNCH

692 Cal • 49g Carbs (3g Fiber) • 31g Fat • 55g Protein



Curry-Strawberry Chicken
1 serving • 692 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

454 Cal • 32g Carbs (10g Fiber) • 15g Fat • 48g Protein



Citrus Broiled Alaska Salmon
1 serving • 368 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 large (3-1/16" dia) Oranges
8 oz Atlantic salmon
1/4 tsp Red wine vinegar
0.063 cup chopped Onions
1/4 tsp Pepper



Carrots
1 cup • 86 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Baby carrots

Day 6

1627 Calories • 91g Carbs (24g Fiber) • 79g Fat • 144g Protein

BREAKFAST

337 Cal • 24g Carbs (3g Fiber) • 16g Fat • 25g Protein



2 Ingredient Protein Pancakes
1 serving • 237 Cal

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

Ingredients for 1 serving:

0.952 jumbo Egg
3 egg white (separated from yolk)
Egg white
0 small (6" to 6-7/8" long) Banana



Bacon
2 strips • 100 Cal

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

Ingredients for 2 strips:

2 strip Bacon

LUNCH

364 Cal • 39g Carbs (10g Fiber) • 23g Fat • 10g Protein



Apples and Almond Butter
1 apple • 159 Cal

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

Ingredients for 1 apple:

2 tsp Almond butter
1 medium (3" dia) Apples



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

DINNER

926 Cal • 28g Carbs (11g Fiber) • 40g Fat • 109g Protein



Grilled chicken mediterranean
2 breast • 840 Cal

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

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

1 cup cherry tomatoes Tomatoes
1 cup Olives
3 tbsp, drained Capers
3 tbsp Olive oil
4 breast, bone and skin removed
Chicken breast
4 dash Salt
4 dash Pepper



Carrots
1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

Day 7

1620 Calories • 126g Carbs (22g Fiber) • 64g Fat • 142g Protein

BREAKFAST

370 Cal • 89g Carbs (16g Fiber) • 3g Fat • 9g Protein



Green Kiwi Smoothie
1 serving • 370 Cal

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

Ingredients for 1 serving:

1 cucumber (8-1/4") Cucumber
1 extra large (9" or longer) Banana
4 fruit (2" dia) Kiwi fruit
3 cup Spinach

LUNCH

853 Cal • 10g Carbs (5g Fiber) • 40g Fat • 108g Protein



Grilled chicken mediterranean
2 breast • 840 Cal

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

Leftovers, eat 2 breast



Celery
2 stalks • 13 Cal

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

Ingredients for 2 stalks:
2 stalk, medium (7-1/2" - 8" long)
Celery

DINNER

398 Cal • 27g Carbs (2g Fiber) • 21g Fat • 25g Protein



Balsamic Salmon
1 serving • 298 Cal

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

Ingredients for 1 serving:
1/2 dash Salt
1 tbsp Balsamic vinegar
1 tbsp Olive oil
1/2 tbsp Lemon juice
1/2 clove Garlic
4 oz Atlantic salmon



Tomato soup
1 cup • 100 Cal

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

Ingredients for 1 cup:
1/2 can (10.7 oz) Tomato soup
1/2 cup Water

Recipe directions

Basic scrambled eggs

Directions are for original recipe of 2 serving

1. (Feel free to substitute the olive oil with coconut oil, or any oil that fits with your diet)
2. Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
3. Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
4. Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper as needed. Serve immediately.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

Paleo Avocado Tuna Salad

Directions are for original recipe of 1 serving

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve.

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).

Paleo Chicken Spinach Meatballs

Directions are for original recipe of 2 serving

1. Preheat oven to 375 degrees. Line a large baking sheet with nonstick foil and set aside.
2. Press pineapple in sieve to remove excess juice. Place in large bowl. Cook and drain spinach, squeezing out extra moisture and add to pineapple. Add ground chicken, curry powder, salt and pepper. Mix well using hands.
3. Roll meat mixture into 1 1/2 Tbsp sized balls. Place on prepared baking sheet. Bake in preheated oven for 12-15 minutes or until fully cooked.

Simple Spinach Scramble

Directions are for original recipe of 1 serving

1. Clean the spinach off and throw it into a pan while still wet. Cook on medium heat and season with salt and pepper.
2. Once the spinach is wilted, add the onion and bell pepper and cook until the onions are translucent and the pepper chunks are soft.
3. Add the eggs and scramble until cooked. Top with salt and pepper. Excerpt From: Michael Matthews. The Shredded Chef. iBooks. <https://itun.es/ca/V7n-F.I>

Apple

Directions are for original recipe of 1 apple

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

Grilled Italian Sausage with Peppers, Onions and Arugula

Directions are for original recipe of 4 serving

1. Preheat the grill. Mix together the balsamic vinegar and honey in a small bowl and set aside.
2. Coat the onion, peppers and sausages with 2 tbsp. olive oil. Add a dash of salt to the peppers and onion. Coat the grill grates with a little olive oil. Put the onion wedges on the grill and cover the grill. Let the onions roast for 5 minutes, or until they are a little charred. Turn the onions and move them to a cooler part of the grill to finish.
3. If your grill has two levels, place the sausages on the top part of the grill and the peppers directly below them. Done this way, as the sausages drip juice and fat, it will fall on the peppers, flavoring them while simultaneously preventing flare-ups. If your grill does not have two levels, put the peppers on the hottest part of the grill and the sausages on the coolest. Cover and grill everything for 15 to 20 minutes or so, periodically checking and turning the sausages and peppers as needed. Towards the end of cooking, baste the sausages, peppers and onions with the honey and balsamic mixture.
4. When the sausages are cooked through and the peppers and onions cooked, remove them from the grill to a sheet pan or large bowl. If you want, pick off some or all of the charred skin on the peppers. Cut the peppers into long strips, and slice the root end off the onions to separate the pieces. Cut the sausages into thirds. Mix everything well in the pan or bowl.
5. To serve, place a bed of baby arugula on the serving plates and top with the sausage, peppers and onion.

Roasted asparagus

Directions are for original recipe of 24 spears

1. Preheat oven to 425F.
2. Cut off the woody bottom part of the asparagus spears and discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
4. Place asparagus on foil-lined baking sheet and drizzle with olive oil.
5. Sprinkle with salt
6. With your hands, roll the asparagus around until they are evenly coated with oil and salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.
10. They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.

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!

Curry-Strawberry Chicken

Directions are for original recipe of 4 serving

1. Mix salad dressing, curry powder, onion soup mix, and strawberry jam in a large bowl until smooth. Place chicken breast into a 9x13 inch baking dish and pour the dressing mixture on top. Cover and refrigerate overnight, or at least 1 hour before baking.
2. Preheat an oven to 375 degrees F (190 degrees C).
3. Uncover the baking dish. Bake the chicken breasts in the preheated oven until no longer pink in the center, 20 to 25 minutes.

Green Kiwi Smoothie

Directions are for original recipe of 1 serving

1. Cut the cucumber (with peel), banana and kiwis into coins.
2. Add all ingredients and blend until smooth. Serve right away or pour into a bottle and take with you on the go.

Maple Glazed Salmon

Directions are for original recipe of 2 serving

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; stir with a whisk.
3. Place salmon, skin side down, on a broiler pan coated with oil. Brush with maple mixture. Broil 10 to 12 minutes or until fish flakes easily when tested with a fork, brushing with maple mixture after 5 minutes and again after 10 minutes.

Tomato soup

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)

Denver omelet

Directions are for original recipe of 1 omelet

1. Chop up your onions and bell pepper.
2. Add olive oil to a skillet over medium-high heat. Saute onion, bell pepper, ham in the oil until the onion starts to become translucent.
3. Stir the eggs into the pan, then cook until lightly brown on the bottom. Then flip over and lightly brown the opposite side. Add a dash of salt and pepper if desired. Then eat!

Citrus Broiled Alaska Salmon

Directions are for original recipe of 8 serving

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil 1 minute longer.

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).

2 Ingredient Protein Pancakes

Directions are for original recipe of 1 serving

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes blended.
2. Heat a greased griddle on medium heat and pour about a 2.5 inch wide puddle of batter.
3. Delicately flip the pancake after about 25 seconds or when it browns.

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.

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.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

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

Grilled chicken mediterranean

Directions are for original recipe of 4 breast

1. Preheat oven to 475F. Slice olives, rinse capers, and toss together with the tomatoes and 1 tbsp of olive oil in a bowl.
2. Season chicken breasts with salt and pepper to taste. Heat a large oven-proof skillet over high heat (you will be sticking the pan in the oven). Add 1 tbsp olive oil to the pan and quickly sear the chicken on both sides. Change to medium-high heat and add last 1 tbsp of oil and continue to cook until deep golden brown (~4 min).
3. Flip chicken, then add tomato mixture to skillet. Transfer skillet to oven and roast chicken until cooked through and tomatoes have softened (around 15-18 min).
4. Transfer to serving plates and spoon tomato mixture over top to serve.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Balsamic Salmon

Directions are for original recipe of 2 serving

1. Combine olive oil, fresh garlic, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes. If the fish is over 1" thick, you may have to turn once halfway through the broiling.
4. Serve with extra balsamic vinegar to taste.