

## Your Meal Plan

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### Day 1

1605 Calories • 192g Carbs (43g Fiber) • 66g Fat • 67g Protein

#### BREAKFAST

394 Cal • 43g Carbs (8g Fiber) • 11g Fat • 32g Protein



Banana oatmeal smoothie  
1 shake • 394 Cal

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

Ingredients for 1 shake:  
1/2 medium (7" to 7-7/8" long)  
Banana  
1 cup Almond milk  
1/4 cup Oatmeal  
1 tbsp Peanut butter  
1 scoop Rice protein

#### LUNCH

625 Cal • 103g Carbs (21g Fiber) • 19g Fat • 20g Protein



Grapes  
2 cup • 208 Cal

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

Ingredients for 2 cup:  
2 cup Grapes



Red Bell Pepper and Hummus  
3 serving • 417 Cal

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

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

#### DINNER

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



Savory chickpea salad  
2 serving • 586 Cal

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

Ingredients for 6 serving (eat 2  
serving now, save 4 serving for  
leftovers):  
32 oz Chickpeas  
10 tbsp Vegan Mayo  
2 tbsp Pickle relish  
2 dash Pepper  
2 dash Salt  
2 stalks, large (11 inches long)  
Celery

## Day 2

1635 Calories • 166g Carbs (39g Fiber) • 84g Fat • 68g Protein

### BREAKFAST

451 Cal • 63g Carbs (10g Fiber) • 20g Fat • 14g Protein



#### Knock-Oats

1 bowl • 451 Cal

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

#### Ingredients for 1 bowl:

1/2 cup Quick oats  
1 medium (7" to 7-7/8" long) Banana  
2 tbsp Peanut butter  
1 tsp Cinnamon

### 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

597 Cal • 56g Carbs (16g Fiber) • 28g Fat • 39g Protein



#### Vegan Skewers

2 kabobs • 142 Cal

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

#### Ingredients for 2 kabobs:

1 link America's original veggie dog  
1 sprout Brussels sprouts  
1/4 can (15 oz) Pineapple  
1/4 onion Onions  
1/4 cup cherry tomatoes Tomatoes  
1 tbsp Teriyaki sauce



#### Garlic Roasted Brussell Sprouts

1 serving • 162 Cal

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

#### Ingredients for 1 serving:

1 cup Brussels sprouts  
1 cloves, minced Garlic  
1 tbsp Olive oil



#### Sea Salt Edamame

2 serving • 294 Cal

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

#### Ingredients for 2 serving:

2 dash Salt  
200 grams Soybeans

## Day 3

1596 Calories • 132g Carbs (35g Fiber) • 90g Fat • 73g Protein

### BREAKFAST

489 Cal • 49g Carbs (10g Fiber) • 20g Fat • 34g Protein



#### Chocolate peanut protein shake

1 shake • 489 Cal

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

#### Ingredients for 1 shake:

1 cup Almond milk  
1 scoop Rice protein  
2 tbsp Peanut butter  
1 tbsp Cocoa  
1 medium (7" to 7-7/8" long) Banana

### 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

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu  
2 serving • 521 Cal

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

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

6 tbsp Olive oil  
12 cloves, minced Garlic  
1 1/2 lb Tofu  
12 cup 1/2" pieces Green beans

## Day 4

1559 Calories • 146g Carbs (37g Fiber) • 85g Fat • 71g Protein

## BREAKFAST

451 Cal • 63g Carbs (10g Fiber) • 20g Fat • 14g Protein



Knock-Oats  
1 bowl • 451 Cal

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

Ingredients for 1 bowl:

1/2 cup Quick oats  
1 medium (7" to 7-7/8" long) Banana  
2 tbsp Peanut butter  
1 tsp Cinnamon

## LUNCH

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu  
2 serving • 521 Cal

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

Leftovers, eat 2 serving

## DINNER

587 Cal • 45g Carbs (15g Fiber) • 32g Fat • 34g Protein



Savory chickpea salad  
1 serving • 293 Cal

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

Ingredients for 1 serving:

5 1/3 oz Chickpeas  
1 2/3 tbsp Vegan Mayo  
1/3 tbsp Pickle relish  
1/3 dash Pepper  
1/3 dash Salt  
1/3 stalks, large (11 inches long) Celery



Sea Salt Edamame  
2 serving • 294 Cal

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

Ingredients for 2 serving:

2 dash Salt  
200 grams Soybeans

## Day 5

1606 Calories • 154g Carbs (35g Fiber) • 83g Fat • 84g Protein

### BREAKFAST

489 Cal • 49g Carbs (10g Fiber) • 20g Fat • 34g Protein



#### Chocolate peanut protein shake

1 shake • 489 Cal

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

#### Ingredients for 1 shake:

- 1 cup Almond milk
- 1 scoop Rice protein
- 2 tbsp Peanut butter
- 1 tbsp Cocoa
- 1 medium (7" to 7-7/8" long) Banana

### LUNCH

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



#### Garlic Green Beans with Tofu

2 serving • 521 Cal

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

Leftovers, eat 2 serving

### DINNER

596 Cal • 67g Carbs (14g Fiber) • 29g Fat • 26g Protein



#### Vegan Skewers

4 kabobs • 284 Cal

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

#### Ingredients for 4 kabobs:

- 2 link America's original veggie dog
- 2 sprout Brussels sprouts
- 1/2 can (15 oz) Pineapple
- 1/2 onion Onions
- 1/2 cup cherry tomatoes Tomatoes
- 2 tbsp Teriyaki sauce



#### Bachelor Brussel Sprouts

2 cup • 313 Cal

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

#### Ingredients for 2 cup:

- 2 cup Brussels sprouts
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 2 tbsp Coconut oil

## Day 6

1603 Calories • 146g Carbs (32g Fiber) • 80g Fat • 94g Protein

### BREAKFAST

327 Cal • 41g Carbs (5g Fiber) • 12g Fat • 17g Protein



#### Vegan High-Protein Smoothie

1 serving • 327 Cal

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

#### Ingredients for 1 serving:

- 1/2 cup (1/2" cubes) Tofu
- 1 cup Silk vanilla
- 1 medium (7" to 7-7/8" long) Banana
- 1/2 tbsp Peanut butter
- 2 cube Ice cubes

### LUNCH

301 Cal • 17g Carbs (6g Fiber) • 23g Fat • 10g Protein



### Cool Summer Cucumber and Tomato Toss

1 serving • 92 Cal

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

Ingredients for 1 serving:

- 1/4 large (8-1/4" long) Cucumber
- 1/2 large whole (3" dia) Tomatoes
- 1/2 tbsp Balsamic vinegar
- 1/2 tbsp Olive oil
- 1/4 dash Salt
- 1/4 dash Pepper



### Peanut Butter & Celery

1 serving • 209 Cal

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

Ingredients for 1 serving:

- 2 tbsp Peanut butter
- 2 stalks, large (11 inches long) Celery

## DINNER

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



### Kung Pao Tempeh

2 serving • 975 Cal

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

Ingredients for 3 serving (eat 2 serving now, save 1 serving for leftovers):

- 12 oz Tempeh
- 3 cup Mixed vegetables
- 3 tsp Soy sauce
- 3/8 cup Peanuts
- 1 1/2 dash Salt
- 1 1/2 dash Pepper

## Day 7

1538 Calories • 181g Carbs (49g Fiber) • 64g Fat • 69g Protein

## BREAKFAST

449 Cal • 33g Carbs (34g Fiber) • 26g Fat • 15g Protein



### Raspberry Chia Seed Pudding

1 serving • 357 Cal

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

Ingredients for 1 serving:

- 1 cup (8 fl oz) Coconut Milk Unsweetened
- 1/2 cup Raspberries
- 4 tbsp Chia Seeds



### Strawberries

2 cup • 92 Cal

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

Ingredients for 2 cup:

- 2 cup, whole Strawberries

## LUNCH

487 Cal • 44g Carbs (11g Fiber) • 22g Fat • 34g Protein



### Kung Pao Tempeh

1 serving • 487 Cal

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

Leftovers, eat 1 serving

## DINNER

601 Cal • 104g Carbs (5g Fiber) • 16g Fat • 21g Protein



### Bow Ties with Veggies

2 serving • 512 Cal

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

Ingredients for 2 serving:

- 1/2 dash Pepper
- 1/2 dash Salt
- 4 oz Whole wheat pasta
- 0.824 medium Zucchini
- 1/2 tbsp Olive oil
- 1/2 large Onions



## Roasted Cherry Tomatoes with Mint

2 serving • 89 Cal

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

Ingredients for 2 serving:

1 tbsp Spearmint

1/8 tsp Salt

0.063 tsp Pepper

1/2 tbsp Olive oil

1 cup cherry tomatoes Tomatoes

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## Recipe directions

### **Banana oatmeal smoothie**

Directions are for original recipe of 2 shake

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

### **Grapes**

Directions are for original recipe of 1 cup

1. Wash and enjoy.

### **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.

### **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.

### **Knock-Oats**

Directions are for original recipe of 1 bowl

1. Prepare oatmeal according to package instructions. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

### **Vegan Skewers**

Directions are for original recipe of 8 kabobs

1. Chop Everything into approx 1" cubes and skewer in whatever order
2. Grill or cook each side in an oiled saucepan
3. Add teriyaki sauce while cooking, and use pineapple can juice to keep pan wet.

### **Garlic Roasted Brussell Sprouts**

Directions are for original recipe of 1 serving

1. Cut sprouts in half and place in boiling water for 3 minutes.
2. Remove and dry on paper towels, removing as much moisture as possible
3. Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
4. Add minced garlic, and cook until garlic is soft and sprouts are browned.

### **Sea Salt Edamame**

Directions are for original recipe of 1 serving

1. Cook edamame in microwave, about 2 minutes.
2. Sprinkle salt over.
3. Just eat the beans, not the pods.

### **Chocolate peanut protein shake**

Directions are for original recipe of 1 shake

1. Include one cup ice cubes for a better shake (or more milk/water). Add everything to a blender and blend well.

### **Garlic Green Beans with Tofu**

Directions are for original recipe of 2 serving

1. 1. Rinse the beans and snip off their ends.
2. 2. In a wok or nonstick skillet, warm the oil over medium heat. Add the beans and garlic and saute for 5 minutes, stirring continuously.
3. 3. Add the tofu and cook for 5 more minutes.

### **Bachelor Brussel Sprouts**

Directions are for original recipe of 2 cup

1. Wash sprouts, cut off and discard stems, then split in half length wise
2. Heat cooking oil in frying pan on medium
3. Add brussels sprout halves then season them while stirring to coat evenly
4. Cook until slightly charred on edges, allow to cool then serve (dressing optional)

### **Vegan High-Protein Smoothie**

Directions are for original recipe of 1 serving

1. Place ingredients in a blender with 2-3 ice cubes and mix until smooth, about one minute. (Can eliminate ice cubes if using a frozen banana.) Serve immediately.

### **Cool Summer Cucumber and Tomato Toss**

Directions are for original recipe of 4 serving

1. Place cucumber and tomatoes in a bowl. Pour in olive oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.

### **Peanut Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and 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!

### **Raspberry Chia Seed Pudding**

Directions are for original recipe of 1 serving

1. Combine the milk and fruit in a blender. Blend until smooth and pour into a resealable container. Mix in chia seeds and stir well. Refrigerate at least 2 hours or overnight. Enjoy!

### **Strawberries**

Directions are for original recipe of 1 cup

1. Wash and eat.

### **Bow Ties with Veggies**

Directions are for original recipe of 4 serving

1. Chop onion & zucchini.

2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

3. In a skillet over medium heat, saute zucchini and onion in olive oil until tender. Toss farfalle pasta with vegetables and season with salt and pepper; serve.

### **Roasted Cherry Tomatoes with Mint**

Directions are for original recipe of 4 serving

1. PREPARATION: Finely chop mint.

2. Preheat oven to 425F.

3. Toss tomatoes with oil, salt, and pepper in a small baking pan and roast in middle of oven until skins just begin to split, 5 to 10 minutes.

4. Sprinkle tomatoes with mint.