

Your Meal Plan

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Day 1

1525 Calories • 117g Carbs (24g Fiber) • 70g Fat • 109g Protein

BREAKFAST

649 Cal • 52g Carbs (9g Fiber) • 29g Fat • 43g 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



Nonfat yogurt
1 bowl • 137 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1 cup (8 fl oz) Nonfat yogurt

LUNCH

335 Cal • 39g Carbs (13g Fiber) • 3g Fat • 39g Protein



Mexican Cottage Cheese Salad
1 serving • 335 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup, (not packed) Cottage cheese
1/2 cup Salsa
1/2 cup Canned black beans
2 cup shredded Lettuce

DINNER

542 Cal • 25g Carbs (1g Fiber) • 37g Fat • 27g Protein



Spinach Cheese Pasta
3 serving • 542 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 7 serving (eat 3 serving now, save 4 serving for leftovers):
1 3/4 clove Garlic
7/8 cup, (not packed) Cottage cheese
1 3/4 cup Spinach
7/8 cup Parmesan cheese
0.292 cup Olive oil
1 3/4 cup Egg noodles

Day 2

1653 Calories • 151g Carbs (33g Fiber) • 67g Fat • 115g Protein

BREAKFAST

717 Cal • 30g Carbs (3g Fiber) • 31g Fat • 78g Protein



Over Easy Eggs
4 serving • 388 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving:
4 extra large Egg
2 tsp Margarine



Strawberries
1 cup • 46 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup, whole Strawberries



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

Ingredients for 2 cup:
2 cup Nonfat greek yogurt

LUNCH

361 Cal • 17g Carbs (1g Fiber) • 25g Fat • 18g Protein



Spinach Cheese Pasta
2 serving • 361 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

574 Cal • 104g Carbs (29g Fiber) • 11g Fat • 20g Protein



Delicious Black Bean Burgers
2 serving • 401 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 cup Canned black beans
1/4 dash Salt
1/8 medium (2-1/2" dia) Onions
1/2 extra large Egg
1/4 cup kernels Corn
1/2 medium Carrots
1/4 dash Pepper
1/2 tbsp Vegetable oil
3/4 Potato medium (2-1/4" to 3-1/4" dia) Potato



Carrots
2 cup • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Baby carrots

Day 3

1659 Calories • 146g Carbs (23g Fiber) • 73g Fat • 112g Protein

BREAKFAST

612 Cal • 72g Carbs (10g Fiber) • 8g Fat • 63g Protein



Oatmeal Cottage Cheese Pancakes
2 serving • 612 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 cup Oatmeal
1 cup, (not packed) Cottage cheese
2 tsp Vanilla extract
8 large Egg white

LUNCH

374 Cal • 19g Carbs (2g Fiber) • 25g Fat • 18g Protein



Spinach Cheese Pasta

2 serving • 361 Cal

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

Leftovers, eat 2 serving



Celery

2 stalks • 13 Cal

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

Ingredients for 2 stalks:

2 stalk, medium (7-1/2" - 8" long)

Celery

DINNER

673 Cal • 55g Carbs (11g Fiber) • 40g Fat • 31g Protein



Nutburgers

2 serving • 673 Cal

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

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

1/2 cup Water

1/2 cup, hulled Sunflower seed kernels

2/3 cup Bulgur

4 tsp Soy sauce

3 1/3 extra large Egg

2 1/3 oz Cashew nuts

1 1/3 cloves, minced Garlic

2/3 tsp Pepper or hot sauce

2/3 tsp Chili powder

Day 4

1580 Calories • 130g Carbs (28g Fiber) • 52g Fat • 152g Protein

BREAKFAST

627 Cal • 39g Carbs (9g Fiber) • 21g Fat • 70g Protein



Simple Spinach Scramble

2 serving • 535 Cal

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

Ingredients for 2 serving:

60 grams Spinach

80 grams Onions

42.4 grams Red bell pepper

1 1/2 cup Egg white

4 large Egg

2 dash Salt

2 dash Pepper



Strawberries

2 cup • 92 Cal

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

Ingredients for 2 cup:

2 cup, whole Strawberries

LUNCH

337 Cal • 28g Carbs (5g Fiber) • 20g Fat • 15g Protein



Nutburgers

1 serving • 337 Cal

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

Leftovers, eat 1 serving

DINNER

616 Cal • 64g Carbs (13g Fiber) • 11g Fat • 66g Protein



Delicious Black Bean Burgers
 1 serving • 201 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
 1/4 cup Canned black beans
 1/8 dash Salt
 0.063 medium (2-1/2" dia) Onions
 1/4 extra large Egg
 1/8 cup kernels Corn
 1/4 medium Carrots
 1/8 dash Pepper
 1/4 tbsp Vegetable oil
 3/8 Potato medium (2-1/4" to 3-1/4" dia) Potato



Cottage Cheese & Strawberries
 2 serving • 379 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
 1 cup, sliced Strawberries
 2 cup, (not packed) Cottage cheese



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

Day 5

1616 Calories • 163g Carbs (24g Fiber) • 69g Fat • 97g Protein

BREAKFAST

617 Cal • 61g Carbs (8g Fiber) • 18g Fat • 57g Protein



Oatmeal banana protein shake
 1 shake • 546 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:
 1/2 cup Oatmeal
 60 grams Whey protein powder
 1/2 medium (7" to 7-7/8" long) Banana
 1 tbsp Flaxseed oil
 1 1/2 cup Water



Whole Wheat Toast
 1 serving • 71 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
 1 slice Whole-wheat bread

LUNCH

337 Cal • 28g Carbs (5g Fiber) • 20g Fat • 15g Protein



Nutburgers
 1 serving • 337 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

663 Cal • 74g Carbs (10g Fiber) • 31g Fat • 25g Protein



Cucumber Quinoa Salad with Feta

2 serving • 663 Cal

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

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

- 2 cucumber (8-1/4")
- Cucumber
- 8 medium (4-1/8" long) Scallions
- 1 cup Quinoa
- 4 oz Feta cheese
- 2 tbsp Olive oil
- 2 tbsp Rice wine vinegar
- 1/2 tsp Salt
- 4 cup Spinach

Day 6

1612 Calories • 197g Carbs (25g Fiber) • 49g Fat • 111g Protein

BREAKFAST

422 Cal • 91g Carbs (14g Fiber) • 4g Fat • 15g Protein



Oatmeal and peaches

2 bowl • 352 Cal

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

Ingredients for 2 bowl:

- 1 cup Water
- 1 cup slices Peaches
- 1 cup Oatmeal
- 2 tsp brownulated Brown sugar



Whole Wheat Toast

1 serving • 71 Cal

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

Ingredients for 1 serving:

- 1 slice Whole-wheat bread

LUNCH

331 Cal • 37g Carbs (5g Fiber) • 16g Fat • 12g Protein



Cucumber Quinoa Salad with Feta

1 serving • 331 Cal

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

Leftovers, eat 1 serving

DINNER

858 Cal • 68g Carbs (6g Fiber) • 30g Fat • 83g Protein



Seared Scallions with Poached Eggs

1 serving • 267 Cal

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

Ingredients for 1 serving:

- 1 1/2 tbsp Olive oil
- 1 large Egg
- 1/2 dash Pepper
- 1/2 cup, chopped Scallions
- 1/2 tsp Lemon juice
- 1/2 dash Salt



Cottage Cheese & Peaches

1 serving • 221 Cal

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

Ingredients for 1 serving:

- 1 cup, (not packed) Cottage cheese
- 1 medium (2-2/3" dia) Peaches



Yogurt & Applesauce

2 serving • 370 Cal

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

Ingredients for 2 serving:

- 1 cup Applesauce
- 16 oz Nonfat greek yogurt

Day 7

1647 Calories • 200g Carbs (34g Fiber) • 59g Fat • 97g Protein

BREAKFAST

403 Cal • 73g Carbs (15g Fiber) • 2g Fat • 30g Protein



Carrot-Orange Juice
16 fl oz. • 262 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 16 fl oz.:
3 large (7-1/4" to 8-1/2" long)
Carrots
2 large (3-1/16" dia) Oranges



Nonfat greek yogurt
1 cup • 142 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Nonfat greek yogurt

LUNCH

331 Cal • 37g Carbs (5g Fiber) • 16g Fat • 12g Protein



Cucumber Quinoa Salad with
Feta
1 serving • 331 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

912 Cal • 91g Carbs (14g Fiber) • 41g Fat • 55g Protein



Nutburgers
2 serving • 673 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/4 cup Water
1/4 cup, hulled Sunflower seed
kernels
1/3 cup Bulgur
2 tsp Soy sauce
1 2/3 extra large Egg
1.167 oz Cashew nuts
2/3 cloves, minced Garlic
1/3 tsp Pepper or hot sauce
1/3 tsp Chili powder



Yogurt & Banana
1 serving • 239 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
8 oz Nonfat greek yogurt
1 medium (7" to 7-7/8" long) Banana

Recipe directions

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!

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.

Mexican Cottage Cheese Salad

Directions are for original recipe of 1 serving

1. Mix salsa, cottage cheese, and black beans together well. Serve on top of lettuce and enjoy.

Spinach Cheese Pasta

Directions are for original recipe of 8 serving

1. Press garlic.
2. Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente. Drain, and return to the pot.
3. Heat the olive oil in a skillet, and cook the garlic and spinach 3 to 5 minutes, until well coated. Transfer to the pot with the drained pasta. Toss in the cottage cheese. Top with Parmesan cheese to serve.

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!

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.

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.

Delicious Black Bean Burgers

Directions are for original recipe of 8 serving

1. Drain black beans. Grate carrots. Chop onions. Shred potatoes.
2. Mash black beans with a fork in a large bowl.
3. Mix carrots, onion, potatoes, and corn into the mashed beans.
4. Stir eggs into bean mixture to integrate completely.
5. Form the mixture into 8 patties with wet hands; season with salt and black pepper.
6. Heat vegetable oil in a skillet over medium heat. Cook the patties in hot oil until cooked through, about 6 minutes per side.

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 Cottage Cheese Pancakes

Directions are for original recipe of 1 serving

1. Blend all ingredients in blender.
2. Spray skillet with cooking spray and cook just like "silver dollar" pancakes, a few small ones at a time.
3. Top with your favorite pancake topping!

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Nutburgers

Directions are for original recipe of 6 serving

1. PREPARATION: Be sure sunflower seed kernels are hulled. Mince garlic.
2. In a saucepan, bring the water, bulgur, and soy sauce to a boil. Remove from heat, cover, and set aside for 10 minutes, or until all the liquid has been absorbed.
3. Grind cashews and sunflower seeds in a food processor to a fine meal.
4. In a large bowl, mix the cooked bulgur, ground cashews and sunflower seeds, eggs, chili powder, garlic, and hot pepper sauce. Cover, and refrigerate for 4 hours to blend flavors.
5. Prepare the grill for medium heat.
6. Form the bulgur mixture into 6 patties. To prevent the patties from crumbling, spray a piece of foil with cooking spray, and place on the grill. Grill the patties 10 minutes, turning once, or until heated through and browned. Cooking time may vary according to thickness of patties and heat level.

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.l>

Cottage Cheese & Strawberries

Directions are for original recipe of 1 serving

1. Mix cottage cheese with sliced strawberries 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).

Oatmeal banana protein shake

Directions are for original recipe of 1 shake

1. Add everything to a blender with two scoops of flaxseed oil. Replace some of the water with ice for a colder shake. Blend.

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.

Cucumber Quinoa Salad with Feta

Directions are for original recipe of 2 serving

1. Cook quinoa according to package directions. Set aside.
2. In a medium bowl, combine the diced cucumber, scallion, quinoa, and feta.
3. In a jar with a lid, shake together olive oil, vinegar, and salt. Pour over quinoa, mix well, and let sit until ready to serve. Toss with spinach just before serving.

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.

Seared Scallions with Poached Eggs

Directions are for original recipe of 2 serving

1. Mince 1 whole scallion, transfer to a bowl, and whisk in 2 tablespoons oil and lemon juice. Season to taste with salt and pepper and set scallion sauce aside. Put the remaining scallions on a plate. Drizzle with remaining oil and toss to coat. Season to taste with salt and pepper. Heat a large cast-iron grill pan or skillet over medium-high heat. Cook scallions, turning occasionally, until tender and slightly charred, about 5 minutes. Divide scallions between plates.
2. Pour 1/2 cup water into each of two 8-ounce microwave-safe coffee cups. Crack 1 egg into each cup, making sure it's completely submerged. To lower risk of the yolk exploding, you may want to gently prick it with a wooden toothpick or tip of a knife.
3. Cover each mug with a saucer. Microwave 1 egg on high until white is set but yolk is runny, about 1 minute (cooking time will vary depending on microwave). Uncover; using a slotted spoon, transfer egg to top of 1 serving of scallions. Dress with half of the scallion sauce. Repeat with remaining egg and sauce; serve.

Cottage Cheese & Peaches

Directions are for original recipe of 1 serving

1. Cut peach in half and remove pit.
2. Cut peach into bite-size pieces and mix with cottage cheese. Enjoy!

Yogurt & Applesauce

Directions are for original recipe of 1 serving

1. Mix together and enjoy!

Carrot-Orange Juice

Directions are for original recipe of 16 fl oz.

1. Chop top off carrots and scrub clean, but don't peel. Cut or peel away orange rind and cut into sections small enough to fit your juicer. Juice oranges first, as its antioxidants will protect the nutrients in the carrots.

Yogurt & Banana

Directions are for original recipe of 1 serving

1. Slice banana and mix with yogurt. Enjoy!