

Your Meal Plan

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Day 1

1771 Calories • 187g Carbs (26g Fiber) • 58g Fat • 144g Protein

BREAKFAST

770 Cal • 102g Carbs (14g Fiber) • 19g Fat • 58g Protein



PB&J Smoothie
2 smoothie • 770 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 smoothie:
2 small (6" to 6-7/8" long) Banana
2 tbsp Peanut butter
2 tsp Strawberry jam
16 oz Nonfat greek yogurt
2 cup, halves Strawberries

LUNCH

601 Cal • 64g Carbs (8g Fiber) • 21g Fat • 45g Protein



Barbecue tuna sandwich
1 sandwich • 360 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 sandwich:
1 roll Hamburger bun
1 can Tuna
4 tbsp Barbecue sauce



Peanut Butter & Carrots
1 serving • 241 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Peanut butter
1 cup chopped Carrots

DINNER

400 Cal • 21g Carbs (3g Fiber) • 18g Fat • 41g Protein



Goat Cheese and Spinach
Turkey Burgers
1 serving • 400 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1
serving now, save 2 serving for
leftovers):
1 1/8 lb Ground turkey
3 roll Hamburger bun
3/4 cup Spinach
3/4 oz Goat cheese

Day 2

1711 Calories • 158g Carbs (22g Fiber) • 46g Fat • 170g Protein

BREAKFAST

536 Cal • 102g Carbs (15g Fiber) • 2g Fat • 34g 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 yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt

LUNCH

400 Cal • 21g Carbs (3g Fiber) • 18g Fat • 41g Protein



Goat Cheese and Spinach
Turkey Burgers
1 serving • 400 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

775 Cal • 35g Carbs (4g Fiber) • 27g Fat • 96g Protein



Scallion Crusted Artich Char
2 serving • 523 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 fillet Trout
1 tbsp Light mayonnaise
4 medium (4-1/8" long) Scallions



Cottage Cheese with Banana
1 serving • 253 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 small (6" to 6-7/8" long) Banana
1 cup, (not packed) Cottage cheese

Day 3

1772 Calories • 197g Carbs (22g Fiber) • 50g Fat • 150g Protein

BREAKFAST

707 Cal • 68g Carbs (9g Fiber) • 25g Fat • 59g Protein



Apple Sandwiches with Almond
Butter & Granola
1 serving • 424 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Almond butter
1 medium (3" dia) Apples
1/4 cup Granola with almonds



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

Ingredients for 2 cup:
2 cup Nonfat greek yogurt

LUNCH

400 Cal • 21g Carbs (3g Fiber) • 18g Fat • 41g Protein



Goat Cheese and Spinach
Turkey Burgers
1 serving • 400 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 bowl (eat 2 bowl now, save 2 bowl for leftovers):
2 cup spiral shaped Macaroni
2 can (303 x 406) Corn
2 can Tuna

Day 4

1803 Calories • 188g Carbs (23g Fiber) • 55g Fat • 150g Protein

BREAKFAST

426 Cal • 62g Carbs (11g Fiber) • 21g Fat • 5g 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



Apple
1 apple • 95 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:
1 medium (3" dia) Apples



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

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

LUNCH

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 bowl

DINNER

712 Cal • 18g Carbs (3g Fiber) • 27g Fat • 95g Protein



Scallion Crusted Artic Char
2 serving • 523 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 fillet Trout
1 tbsp Light mayonnaise
4 medium (4-1/8" long) Scallions



Cottage Cheese & Strawberries
1 serving • 189 Cal
[Directions](#) | [Full Recipe](#)

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

Day 5

1806 Calories • 179g Carbs (43g Fiber) • 61g Fat • 146g 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

673 Cal • 70g Carbs (22g Fiber) • 19g Fat • 60g Protein



Almond Butter Berry Protein Smoothie

1 smoothie • 448 Cal

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

Ingredients for 1 smoothie:

- 1 1/2 cup Water
- 2 scoop (30g) Whey protein powder
- 1 tbsp Almond butter
- 8 large (1-3/8" dia) Strawberries
- 1 cup Raspberries
- 6 cube Ice cubes



Granola

1 ounce • 139 Cal

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

Ingredients for 1 ounce:

- 1 oz Granola



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

- 1 cup Baby carrots

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 6

1738 Calories • 186g Carbs (34g Fiber) • 59g Fat • 131g Protein

BREAKFAST

638 Cal • 76g Carbs (12g Fiber) • 19g Fat • 45g Protein



Blueberry Peanut Butter Cottage Cheese Smoothie

1 serving • 514 Cal

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

Ingredients for 1 serving:

2/3 cup, frozen Blueberries, wild

12 oz Cottage cheese

2 tbsp Peanut butter

1/3 cup Almond milk

1/2 tsp Vanilla extract



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

2 fruit (2-5/8" dia) Oranges

LUNCH

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



Garlic Green Beans with Tofu

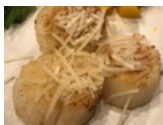
2 serving • 521 Cal

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

Leftovers, eat 2 serving

DINNER

579 Cal • 72g Carbs (10g Fiber) • 6g Fat • 62g Protein



Scallops Carpaccio With Mango and Parmesan

1 serving • 123 Cal

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

Ingredients for 1 serving:

56 3/4 grams Scallops

0.083 cup Parmesan cheese

1/4 tsp Olive oil

1/8 fruit without refuse Mangos



Yogurt & Applesauce

2 serving • 370 Cal

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

Ingredients for 2 serving:

1 cup Applesauce

16 oz Nonfat greek yogurt



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

Day 7

1798 Calories • 217g Carbs (30g Fiber) • 49g Fat • 136g 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

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



Garlic Green Beans with Tofu

Leftovers, eat 2 serving

2 serving • 521 Cal

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

DINNER

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash

2 bowl • 665 Cal

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

Ingredients for 2 bowl:

1 cup spiral shaped Macaroni

1 can (303 x 406) Corn

1 can Tuna

Recipe directions

PB&J Smoothie

Directions are for original recipe of 1 smoothie

1. Blend all ingredients

Barbecue tuna sandwich

Directions are for original recipe of 1 sandwich

1. Get yourself your can of tuna and drain it, then put it in a bowl. Put 4 tbsp of your BBQ sauce on top of the tuna and mix well.
2. Put the bowl in the microwave with a paper towel covering it (to keep everything clean) for 1 minute. Take out of the microwave and place on your bun, you've now got pulled tuna! It tastes a lot like pulled pork, so enjoy! Toast bun for a crispier sandwich.

Peanut Butter & Carrots

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and enjoy!

Goat Cheese and Spinach Turkey Burgers

Directions are for original recipe of 4 serving

1. Preheat the oven broiler.
2. In a medium bowl, mix ground turkey, spinach, and goat cheese. Form the mixture into 4 patties.
3. Arrange patties on a broiler pan, and place in the center of the preheated oven 15 minutes, or until done.

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.

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.

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 Banana

Directions are for original recipe of 1 serving

1. Slice banana and combine with cottage cheese. Serve.

Apple Sandwiches with Almond Butter & Granola

Directions are for original recipe of 1 serving

1. Core apple and slice into rings.
2. Spread apple rings with some almond butter, sprinkle with granola, and top with another almond-buttered apple slice. Serve.

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.

Macaroni Goulash

Directions are for original recipe of 2 bowl

1. Cook macaroni as per directions on box.
2. Add drained tuna and corn.

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!

Apple

Directions are for original recipe of 1 apple

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

Cottage Cheese & Strawberries

Directions are for original recipe of 1 serving

1. Mix cottage cheese with sliced strawberries and serve.

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!

Almond Butter Berry Protein Smoothie

Directions are for original recipe of 1 smoothie

1. Combine all ingredients in a blender and mix until smooth. 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).

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.

Blueberry Peanut Butter Cottage Cheese Smoothie

Directions are for original recipe of 1 serving

1. Combine all ingredients in a blender, along with stevia to taste.
2. Blend until smooth.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Scallops Carpaccio With Mango and Parmesan

Directions are for original recipe of 4 serving

1. Arrange cooked scallops on the plate, drizzle olive oil and salt/pepper to taste. Place thinly sliced mangos on top then at the parmesan

Yogurt & Applesauce

Directions are for original recipe of 1 serving

1. Mix together and enjoy!