

## Your Meal Plan

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### Day 1

2140 Calories • 211g Carbs (23g Fiber) • 69g Fat • 164g Protein

#### BREAKFAST

781 Cal • 119g Carbs (3g Fiber) • 4g Fat • 55g Protein



##### Orange-Vanilla Protein Smoothie

2 serving • 781 Cal

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

Ingredients for 2 serving:

4 cup Orange juice

6 tsp Vanilla extract

2 scoop (30g) Whey protein powder

2 cup Ice cubes

#### LUNCH

623 Cal • 70g Carbs (15g Fiber) • 37g Fat • 17g Protein



##### Banana Almond Butter

4 tbsp • 407 Cal

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

Ingredients for 4 tbsp:

2 medium (7" to 7-7/8" long) Banana

2 tbsp Almond butter



##### Almond Butter & Celery

1 serving • 217 Cal

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

Ingredients for 1 serving:

2 tbsp Almond butter

2 stalks, large (11 inches long)

Celery

#### DINNER

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



##### Citrus Broiled Alaska Salmon

2 serving • 736 Cal

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

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

3 large (3-1/16" dia) Oranges

48 oz Atlantic salmon

1 1/2 tsp Red wine vinegar

3/8 cup chopped Onions

1 1/2 tsp Pepper

## Day 2

2191 Calories • 219g Carbs (34g Fiber) • 64g Fat • 191g Protein

### BREAKFAST

725 Cal • 97g Carbs (16g Fiber) • 17g Fat • 54g Protein



#### Blueberry Shake

2 cups • 725 Cal

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

Ingredients for 2 cups:

1 cup Oatmeal

1 cup, frozen Blueberries, wild

1 cup Reduced fat milk

40 grams Whey protein powder

1 tbsp Peanut butter

### LUNCH

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



#### Citrus Broiled Alaska Salmon

2 serving • 736 Cal

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

Leftovers, eat 2 serving

### DINNER

730 Cal • 99g Carbs (13g Fiber) • 18g Fat • 46g Protein



#### Honey Pecan Chicken Breast

1 serving • 386 Cal

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

Ingredients for 1 serving:

1 half breast (fillet) Chicken breast

1/8 cup Wheat flour

0.063 cup Honey

0.063 cup, chopped Pecans

3/4 tbsp Butter



#### Microwaved sweet potato

2 potato • 224 Cal

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

Ingredients for 2 potato:

2 sweetpotato, 5" long Sweet potato



#### Spicy Yogurt Dip with Carrots

1 serving • 120 Cal

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

Ingredients for 1 serving:

1 tsp Pepper or hot sauce

1.049 cup strips or slices Carrots

4 oz Nonfat greek yogurt

## Day 3

2184 Calories • 223g Carbs (37g Fiber) • 75g Fat • 160g Protein

### BREAKFAST

600 Cal • 109g Carbs (14g Fiber) • 5g Fat • 35g Protein



Breakfast Quinoa  
1 serving • 269 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 cup Quinoa  
2 cup Water  
2 tbsp Lowfat milk  
1 tbsp Brown sugar



Apple  
2 apple • 189 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 apple:  
2 medium (3" dia) Apples



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

Ingredients for 1 cup:  
1 cup Nonfat greek yogurt

### LUNCH

900 Cal • 29g Carbs (8g Fiber) • 43g Fat • 98g Protein



Citrus Broiled Alaska Salmon  
2 serving • 736 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Almonds  
1 ounce • 164 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:  
1 oz (23 whole kernels) Almonds

### DINNER

683 Cal • 85g Carbs (15g Fiber) • 27g Fat • 28g Protein



Creamed Peas with Bacon  
3 serving • 589 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 3 serving now, save 3 serving for leftovers):  
6 strip Bacon  
1 1/2 can (303 x 406) Peas  
3 tbsp Wheat flour  
1 1/2 dash Salt  
1 1/2 dash Pepper  
3/4 can (13 oz) Canned milk



Quick Grapefruit  
1 serving • 94 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 medium (approx 4" dia) Grapefruit  
1 tsp brownulated Brown sugar

# Day 4

2207 Calories • 197g Carbs (28g Fiber) • 88g Fat • 163g Protein

## BREAKFAST

812 Cal • 78g Carbs (9g Fiber) • 21g Fat • 86g Protein



Oatmeal Banana Peanut Butter  
Chocolate Shake

1 shake • 670 Cal

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

Ingredients for 1 shake:

60 grams Whey protein powder  
1 medium (7" to 7-7/8" long) Banana  
1/2 cup Oatmeal  
2 tbsp Peanut butter  
2 cup Water



Nonfat greek yogurt

1 cup • 142 Cal

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

Ingredients for 1 cup:

1 cup Nonfat greek yogurt

## LUNCH

626 Cal • 69g Carbs (15g Fiber) • 27g Fat • 27g Protein



Creamed Peas with Bacon

3 serving • 589 Cal

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

Leftovers, eat 3 serving



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

769 Cal • 51g Carbs (3g Fiber) • 40g Fat • 50g Protein



Trout with Cucumber and Sour  
Cream

1 serving • 427 Cal

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

Ingredients for 1 serving:

1/4 tsp Lemon peel  
5/8 tsp Lemon juice  
3/4 tsp Dill  
1/4 cup Sour cream  
1/2 tbsp Butter  
6 1/4 oz Trout  
1/4 large (8-1/4" long) Cucumber



Broccoli Spaghetti Soup

1 serving • 343 Cal

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

Ingredients for 1 serving:

2 oz Spaghetti  
1/4 dash Salt  
0.063 cup Olive oil  
1/4 stalk Broccoli  
1/4 dash Pepper

## Day 5

2152 Calories • 215g Carbs (36g Fiber) • 67g Fat • 183g Protein

### BREAKFAST

699 Cal • 43g Carbs (5g Fiber) • 6g Fat • 117g Protein



Blueberry protein pudding  
2 serving • 699 Cal

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

Ingredients for 2 serving:  
7 oz Nonfat greek yogurt  
4 scoop (30g) Whey protein powder  
7.055 oz Blueberries, frozen

### LUNCH

733 Cal • 73g Carbs (24g Fiber) • 32g Fat • 48g Protein



Banana Avocado Protein Smoothie

1 serving • 647 Cal

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

Ingredients for 1 serving:  
6 oz Nonfat greek yogurt  
1 medium (7" to 7-7/8" long) Banana  
1 scoop (30g) Whey protein powder  
1 fruit Avocados



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:  
1 cup Baby carrots

### DINNER

720 Cal • 98g Carbs (7g Fiber) • 29g Fat • 18g Protein



Pasta la Checca

2 serving • 720 Cal

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

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

3 cloves, minced Garlic  
6 cup cherry tomatoes Tomatoes  
1 1/2 dash Pepper  
12 oz Spaghetti  
1 1/2 dash Salt  
1 1/2 cup Arugula  
6 tbsp Olive oil

## Day 6

2172 Calories • 250g Carbs (20g Fiber) • 59g Fat • 166g Protein

### BREAKFAST

709 Cal • 110g Carbs (8g Fiber) • 11g Fat • 47g Protein



Corn Flakes

2 bowl • 444 Cal

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

Ingredients for 2 bowl:  
2 cup Corn flakes  
2 cup Reduced fat milk



Nonfat greek yogurt

1 cup • 142 Cal

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

Ingredients for 1 cup:  
1 cup Nonfat greek yogurt



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:  
2 fruit (2-5/8" dia) Oranges

### LUNCH

720 Cal • 98g Carbs (7g Fiber) • 29g Fat • 18g Protein



Pasta la Checca  
2 serving • 720 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

## DINNER

743 Cal • 42g Carbs (4g Fiber) • 19g Fat • 101g Protein



Peachy Keen Chicken  
2 serving • 418 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup, halves or slices Peaches  
1/4 tbsp Honey  
2 half breast (fillet) Chicken breast  
1/2 tbsp Olive oil  
1/2 dash Pepper  
1/2 dash Salt



Yogurt & Banana chips  
2 serving • 326 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
16 oz Nonfat greek yogurt  
0.4 oz Banana chips

## Day 7

2181 Calories • 217g Carbs (29g Fiber) • 75g Fat • 163g Protein

## BREAKFAST

725 Cal • 97g Carbs (16g Fiber) • 17g Fat • 54g Protein



Blueberry Shake  
2 cups • 725 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cups:  
1 cup Oatmeal  
1 cup, frozen Blueberries, wild  
1 cup Reduced fat milk  
40 grams Whey protein powder  
1 tbsp Peanut butter

## LUNCH

720 Cal • 98g Carbs (7g Fiber) • 29g Fat • 18g Protein



Pasta la Checca  
2 serving • 720 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

## DINNER

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



Citrus Broiled Alaska Salmon  
2 serving • 736 Cal  
[Directions](#) | [Full Recipe](#)

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

## Recipe directions

### Orange-Vanilla Protein Smoothie

Directions are for original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Add more ice for a thicker smoothie. Enjoy!

### **Banana Almond Butter**

Directions are for original recipe of 2 tbsp

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

### **Almond Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

### **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.

### **Blueberry Shake**

Directions are for original recipe of 2 cups

1. NOTE: USE VANILLA PROTEIN. Put everything in your blender and mix on high until oatmeal is ground to consistency you like. Use 1 scoop of whatever protein powder you buy - this is the nutrient breakdown on my brand.
2. Add flaxseed if you need to up your fat intake.

### **Honey Pecan Chicken Breast**

Directions are for original recipe of 4 serving

1. Dredge the breasts in flour, shaking off excess.
2. Heat about 2/3 of your butter in a heavy skillet over medium heat.
3. Add the breasts and brown on both sides, about 5-6 minutes.
4. Stir together the remaining tablespoon butter, honey and pecans.
5. Add to the skillet, stir gently.
6. Cover and simmer gently for 7-8 minutes.
7. Remove breasts to a serving platter, pour sauce over and serve.

### **Microwaved sweet potato**

Directions are for original recipe of 1 potato

1. Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
2. If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

### **Spicy Yogurt Dip with Carrots**

Directions are for original recipe of 1 serving

1. Stir hot sauce into yogurt to combine. Enjoy with carrot strips.

### **Breakfast Quinoa**

Directions are for original recipe of 1 serving

1. Bring quinoa and water to a boil. Reduce heat to low, cover, simmer, and cook for 15-20 minutes until tender and most of the liquid has been absorbed.
2. Measure 1 cup of cooked quinoa; add 3 tbsp of milk and 1 tbsp of brown sugar; heat for 90 seconds in microwave and serve.
3. Enjoy!

### **Apple**

Directions are for original recipe of 1 apple

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

### **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.

### **Creamed Peas with Bacon**

Directions are for original recipe of 4 serving

1. Place the bacon in a large, deep skillet. Cook over medium-high heat until evenly browned, about 10 minutes. Remove from pan, crumble bacon, and reserve.
2. Stir peas into bacon grease left in skillet. Cook on low heat until peas are warm. Stir together flour, salt, and pepper in a small bowl. Pour in evaporated milk and whisk until smooth. Stir milk mixture into peas; cook over medium heat until heated through and thickened. Stir in bacon.

### **Quick Grapefruit**

Directions are for original recipe of 1 serving

1. Cut grapefruit in half to expose sections. Sprinkle with brown sugar and enjoy.

### **Oatmeal Banana Peanut Butter Chocolate Shake**

Directions are for original recipe of 1 shake

1. Put all ingredients into blender. Blend until smooth. Use unsweetened almond milk (30 calories, 1g carbohydrate, 1g protein, 0g fat per cup) in place of water if you prefer a creamier shake.

### **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).

### **Trout with Cucumber and Sour Cream**

Directions are for original recipe of 4 serving

1. PREPARATION: Peel cucumber and slice into thin rounds, chop dill, grate lemon peel, melt butter.
2. Preheat oven to 375°F. Combine cucumber, 1 1/2 teaspoons dill and 1 1/2 teaspoons lemon juice in medium bowl. Season with salt and pepper. Toss to coat. Combine sour cream, lemon peel and remaining 1 teaspoon lemon juice in small bowl; season with salt and pepper and stir to blend.
3. Brush baking sheet with some of melted butter. Arrange trout fillets, skin side down, on prepared sheet. Brush with remaining butter. Sprinkle trout with salt and pepper. Bake until just opaque in center, about 10 minutes.
4. Divide cucumbers among 4 plates. Using spatula, place trout atop cucumbers. Spoon sour cream sauce over. Sprinkle with remaining 1 1/2 teaspoons dill.

### **Broccoli Spaghetti Soup**

Directions are for original recipe of 4 serving

1. Chop broccoli.
2. Bring a large pot of water to a boil. Stir in broccoli and salt and cook until just tender. Break up spaghetti and stir into the pot. Cook 8 to 10 minutes more, until pasta is al dente. Serve in bowls topped with a tablespoon of olive and some freshly ground pepper.

### **Blueberry protein pudding**

Directions are for original recipe of 1 serving

1. Blend ingredients in a mixer until mixture is thick enough to stay on a spoon.

### **Banana Avocado Protein Smoothie**

Directions are for original recipe of 1 serving

1. Combine all ingredients in a blender and pulse 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).

### **Pasta la Checca**

Directions are for original recipe of 4 serving

1. PREPARATION: Finely chop/mince garlic cloves.
2. Cook the pasta until al dente.
3. Meanwhile, in a large bowl, squeeze the tomatoes to break them up (it's faster than chopping, and your kid will likely love joining in).
4. Add the garlic, oil, arugula (if using), salt, and pepper; set aside.
5. Drain the pasta (reserving 1/2 cup of the water) and toss it with the tomatoes. If the pasta is still a little dry, add some of the cooking water.
6. Let sit until the heat from the pasta has cooked the tomatoes and garlic slightly and wilted the arugula, 1 to 2 minutes. Serve warm or at room temperature.

### **Corn Flakes**

Directions are for original recipe of 1 bowl

1. Pour cereal into bowl followed by milk. Eat.

### **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

### **Peachy Keen Chicken**

Directions are for original recipe of 4 serving

1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
2. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

### **Yogurt & Banana chips**

Directions are for original recipe of 1 serving

1. Chop up banana chips and mix into yogurt. Enjoy!