

## Your Meal Plan

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### Day 1

2198 Calories • 123g Carbs (35g Fiber) • 112g Fat • 185g Protein

#### BREAKFAST

557 Cal • 45g Carbs (7g Fiber) • 30g Fat • 30g Protein



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

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



Blueberries  
2 cup • 169 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:  
2 cup Blueberries

#### LUNCH

840 Cal • 46g Carbs (17g Fiber) • 44g Fat • 66g Protein



Baked Salmon and Asparagus  
2 serving • 668 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
133 1/3 grams Asparagus  
2 tbsp Olive oil  
2/3 dash Salt  
10 oz, boneless Sockeye salmon  
2/3 dash Pepper



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

Ingredients for 2 cup:  
2 cup Baby carrots

#### 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

2160 Calories • 143g Carbs (37g Fiber) • 86g Fat • 212g Protein

### BREAKFAST

496 Cal • 55g Carbs (6g Fiber) • 20g Fat • 28g Protein



#### Banana Egg Pancakes

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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

4 large Egg

### 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

863 Cal • 56g Carbs (19g Fiber) • 28g Fat • 96g Protein



#### Easy Pan-Fried Lemon Chicken

1 serving • 345 Cal

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

Ingredients for 1 serving:

1 breast, bone and skin removed

Chicken breast

1/2 tbsp Lemon juice

1 1/2 tsp Olive oil

1/4 tsp Sea Salt

1/8 tsp Pepper



#### Brussels Sprout Slaw

2 serving • 27 Cal

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

Ingredients for 2 serving:

0.031 tsp Salt

1/8 tbsp Olive oil

1/4 tsp Lemon juice

0.063 lb Brussels sprouts



#### Grilled Polenta Chips

2 serving • 491 Cal

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

Ingredients for 2 serving:

4 oz Yellow Polenta

1/2 tbsp Olive oil

3 oz Nutritional Yeast

1/2 dash Pepper

1/2 dash Salt

## Day 3

2156 Calories • 153g Carbs (30g Fiber) • 99g Fat • 174g Protein

### BREAKFAST

577 Cal • 52g Carbs (9g Fiber) • 30g Fat • 29g Protein



#### Over Easy Eggs

4 serving • 388 Cal

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

Ingredients for 4 serving:

4 extra large Egg

2 tsp Margarine



#### Apple

2 apple • 189 Cal

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

Ingredients for 2 apple:

2 medium (3" dia) Apples

### LUNCH

887 Cal • 53g Carbs (18g Fiber) • 39g Fat • 90g Protein



### Paleo Chicken Spinach Meatballs

2 serving • 801 Cal

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

Leftovers, eat 2 serving



### Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots

## 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

2171 Calories • 168g Carbs (32g Fiber) • 87g Fat • 182g Protein

## BREAKFAST

496 Cal • 55g Carbs (6g Fiber) • 20g Fat • 28g Protein



### Banana Egg Pancakes

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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

4 large Egg

## 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

983 Cal • 64g Carbs (23g Fiber) • 37g Fat • 100g Protein



### Easy Pan-Fried Lemon Chicken

1 serving • 345 Cal

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

Ingredients for 1 serving:

1 breast, bone and skin removed  
Chicken breast

1/2 tbsp Lemon juice

1 1/2 tsp Olive oil

1/4 tsp Sea Salt

1/8 tsp Pepper



### Steamed Broccoli

1 serving • 147 Cal

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

Ingredients for 1 serving:

3/8 lb Broccoli

3/4 tbsp Olive oil

1/8 tsp Lemon juice



Grilled Polenta Chips  
2 serving • 491 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 oz Yellow Polenta  
1/2 tbsp Olive oil  
3 oz Nutritional Yeast  
1/2 dash Pepper  
1/2 dash Salt

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## Day 5

2201 Calories • 130g Carbs (34g Fiber) • 120g Fat • 164g Protein

### BREAKFAST

536 Cal • 9g Carbs (5g Fiber) • 50g Fat • 18g Protein



Poached Eggs  
1 serving • 144 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
2 large Egg  
1 tsp Vinegar  
1/4 tbsp Salt



Pecans  
2 ounce • 392 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:  
2 oz (19 halves per) Pecans

### 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

973 Cal • 73g Carbs (25g Fiber) • 39g Fat • 91g Protein



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

Ingredients for 2 serving:  
16 oz crumbled Ground chicken  
1 package (10 oz) yields Spinach  
1 tsp Curry powder  
1 cup, crushed, sliced, or chunks Pineapple  
1 dash Salt  
1 dash Pepper



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

Ingredients for 2 cup:  
2 cup Baby carrots

## Day 6

2140 Calories • 111g Carbs (30g Fiber) • 130g Fat • 155g Protein

### BREAKFAST

832 Cal • 60g Carbs (14g Fiber) • 67g Fat • 15g Protein



#### Pumpkin Coconut Paleo Smoothie

2 serving • 832 Cal

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

Ingredients for 2 serving:

- 1 cup Pumpkin
- 1 cup Coconut milk
- 1 medium (7" to 7-7/8" long) Banana
- 2 tbsp Almond butter
- 1/4 tsp Cinnamon

### LUNCH

469 Cal • 43g Carbs (13g 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



#### Banana

1 banana • 105 Cal

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

Ingredients for 1 banana:

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

### DINNER

840 Cal • 8g Carbs (4g Fiber) • 40g Fat • 108g 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

## Day 7

2203 Calories • 156g Carbs (25g Fiber) • 111g Fat • 155g Protein

### BREAKFAST

619 Cal • 86g Carbs (12g Fiber) • 20g Fat • 30g Protein



#### Banana Egg Pancakes

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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



#### Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

### LUNCH

840 Cal • 8g Carbs (4g Fiber) • 40g Fat • 108g Protein



Grilled chicken mediterranean    Leftovers, eat 2 breast  
2 breast • 840 Cal  
[Directions](#) | [Full Recipe](#)

## DINNER

744 Cal • 62g Carbs (9g Fiber) • 51g Fat • 17g Protein



Seared Scallions with Poached Eggs  
2 serving • 534 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
3 tbsp Olive oil  
2 large Egg  
1 dash Pepper  
1 cup, chopped Scallions  
1 tsp Lemon juice  
1 dash Salt



Banana  
2 banana • 210 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 banana:  
2 medium (7" to 7-7/8" long) Banana

## Recipe directions

### 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!

### Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

### Baked Salmon and Asparagus

Directions are for original recipe of 3 serving

1. Preheat the oven to 400 degrees F. Clean the asparagus and snip off their woody ends. Arrange them on a baking sheet and toss with half of the oil. Season with salt and pepper.
2. Place the salmon on another baking sheet and drizzle with the remaining oil. Season with salt and black pepper and set in the oven, along with the asparagus, for 20 -25 minutes.
3. While the fish and asparagus are baking, making the Hollandaise sauce. When done, place the asparagus and salmon on a serving plate and top with the Hollandaise sauce. Serve immediately.

### 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).

### **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.

### **Banana Egg Pancakes**

Directions are for original recipe of 2 pancakes

1. Mash the ripe banana.
2. Beat the eggs and stir in the banana.
3. Pour onto lightly oiled frying pan. Flip when bubbles. You can usually make 2 small pancakes per 2 eggs/1 banana.

### **Easy Pan-Fried Lemon Chicken**

Directions are for original recipe of 1 serving

1. Combine all ingredients into a ziplock bag.
2. Flatten chicken breasts with rolling pin or meat pounder.
3. Optional - Let the chicken marinate for 30 minutes.
4. Heat a skillet over medium-high heat and add oil.
5. Cook chicken 4-5 minutes each side, or until chicken reaches an internal temperature of 165 F.
6. Let meat rest 5 minutes before slicing.

### **Brussels Sprout Slaw**

Directions are for original recipe of 16 serving

1. Keeping the stems intact, trim any loose or yellow leaves on the Brussels sprouts.
2. Holding each sprout by the stem end, finely shred them on the slicer.
3. Drizzle the slaw with olive oil, lemon juice, and salt and toss well.

### **Grilled Polenta Chips**

Directions are for original recipe of 4 serving

1. Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2. Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3. Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4. Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

### **Apple**

Directions are for original recipe of 1 apple

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

### **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.

### **Steamed Broccoli**

Directions are for original recipe of 4 serving

1. Trim the broccoli into large florets.
2. Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
3. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
4. Remove to a platter; season with salt and pepper, olive oil, and the lemon juice.

### **Poached Eggs**

Directions are for original recipe of 1 serving

1. Add a small dash of vinegar and salt to a pan of steadily simmering water.
2. Crack eggs individually into a small cup.
3. Create a gentle whirlpool in the water to help the egg white wrap around the yolk.
4. Slowly tip the egg into the water, white first. Leave to cook for three minutes.
5. Remove with a slotted spoon, cutting off any wispy edges using the edge of the spoon.

### **Pumpkin Coconut Paleo Smoothie**

Directions are for original recipe of 2 serving

1. Place all ingredients in the blender with 2-3 ice cubes and blend until smooth. (Do not need to use ice if using a frozen banana.)

### **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.

### **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.

## **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange 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.