

Your Meal Plan

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Day 1

2153 Calories • 180g Carbs (56g Fiber) • 117g Fat • 126g Protein

BREAKFAST

787 Cal • 87g Carbs (16g Fiber) • 22g Fat • 64g Protein



Banana oatmeal smoothie
2 shake • 787 Cal

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

Ingredients for 2 shake:

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

LUNCH

775 Cal • 60g Carbs (31g Fiber) • 56g Fat • 21g Protein



Spinach salad
1 serving • 175 Cal

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

Ingredients for 1 serving:

5 cup Spinach
2 large Scallions
1/2 lemon yields Lemon juice
1 tbsp Olive oil
1 dash Pepper



Red Bell Pepper and Hummus
2 serving • 278 Cal

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

Ingredients for 2 serving:

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



Avocado
1 avocado • 322 Cal

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

Ingredients for 1 avocado:

1 fruit Avocados

DINNER

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein



Peanut Tofu
1 serving • 591 Cal

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

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

9 tbsp Peanut butter
3 block Tofu
4 1/2 cloves, minced Garlic
1 1/2 tbsp Ginger root
1 1/2 tbsp Brown sugar
3 tsp Soy sauce
1 1/2 cup 1/2" pieces Green beans
15 mushroom Mushrooms

Day 2

2181 Calories • 235g Carbs (49g Fiber) • 113g Fat • 90g 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

730 Cal • 49g Carbs (15g Fiber) • 45g Fat • 47g Protein



Peanut Tofu

1 serving • 591 Cal

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

Leftovers, eat 1 serving



Red Bell Pepper and Hummus

1 serving • 139 Cal

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

Ingredients for 1 serving:

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

DINNER

1000 Cal • 122g Carbs (24g Fiber) • 48g Fat • 29g Protein



Garlic Green Beans with Tofu

2 serving • 521 Cal

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

Ingredients for 2 serving:

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



Yam Fries

2 cup • 479 Cal

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

Ingredients for 2 cup:

- 2 cup, cubes Yam
- 1 tsp Salt
- 1 tsp Pepper
- 1 tbsp Olive oil

Day 3

2178 Calories • 195g Carbs (42g Fiber) • 122g Fat • 123g Protein

BREAKFAST

880 Cal • 124g Carbs (18g Fiber) • 43g Fat • 17g Protein



Fast Oatmeal

2 bowl • 489 Cal

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

Ingredients for 2 bowl:

- 2 oz (60 raisins) Raisins
- 2 cup Water
- 1/2 tsp Cinnamon
- 4 tsp brownulated Brown sugar
- 1 cup Oatmeal



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

- 2 oz (19 halves per) Pecans

LUNCH

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein

**Peanut Tofu**

1 serving • 591 Cal

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

Leftovers, eat 1 serving

DINNER

707 Cal • 38g Carbs (15g Fiber) • 40g Fat • 65g Protein

**Broiled sesame tofu**

3 serving • 707 Cal

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

Ingredients for 9 serving (eat 3 serving now, save 6 serving for leftovers):

4 1/2 tbsp Soy sauce

1 1/8 tbsp Vegetable oil

2 1/4 dash Pepper

4 1/2 cup chopped Carrots

4 1/2 cup Tofu

2 1/4 tsp Balsamic vinegar

2 1/4 large Scallions

0.563 tsp Sesame oil

Day 4

2239 Calories • 215g Carbs (50g Fiber) • 96g Fat • 156g Protein

BREAKFAST

787 Cal • 87g Carbs (16g Fiber) • 22g Fat • 64g Protein

**Banana oatmeal smoothie**

2 shake • 787 Cal

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

Ingredients for 2 shake:

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

2 cup Almond milk

1/2 cup Oatmeal

2 tbsp Peanut butter

2 scoop Rice protein

LUNCH

707 Cal • 38g Carbs (15g Fiber) • 40g Fat • 65g Protein

**Broiled sesame tofu**

3 serving • 707 Cal

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

Leftovers, eat 3 serving

DINNER

745 Cal • 90g Carbs (19g Fiber) • 34g Fat • 28g Protein

**Garlic Green Beans with Tofu**

2 serving • 521 Cal

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

Ingredients for 2 serving:

2 tbsp Olive oil

4 cloves, minced Garlic

1/2 lb Tofu

4 cup 1/2" pieces Green beans

**Microwaved sweet potato**

2 potato • 224 Cal

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

Ingredients for 2 potato:

2 sweetpotato, 5" long Sweet potato

Day 5

2242 Calories • 213g Carbs (37g Fiber) • 121g Fat • 120g Protein

BREAKFAST

744 Cal • 96g Carbs (10g Fiber) • 42g Fat • 10g Protein



Oatmeal and raisins

1 cup • 353 Cal

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

Ingredients for 1 cup:

1/3 cup Water
3 tbsp Maple syrups
1/4 cup (not packed) Raisins
1/3 cup Oatmeal



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

707 Cal • 38g Carbs (15g Fiber) • 40g Fat • 65g Protein



Broiled sesame tofu

3 serving • 707 Cal

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

Leftovers, eat 3 serving

DINNER

791 Cal • 79g Carbs (13g Fiber) • 40g Fat • 45g Protein



Peanut Tofu

1 serving • 591 Cal

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

Ingredients for 1 serving:

3 tbsp Peanut butter
1 block Tofu
1 1/2 cloves, minced Garlic
1/2 tbsp Ginger root
1/2 tbsp Brown sugar
1 tsp Soy sauce
1/2 cup 1/2" pieces Green beans
5 mushroom Mushrooms



Tomato soup

2 cup • 200 Cal

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

Ingredients for 2 cup:

1 can (10.7 oz) Tomato soup
1 cup Water

Day 6

2171 Calories • 255g Carbs (46g Fiber) • 87g Fat • 116g Protein

BREAKFAST

977 Cal • 98g Carbs (19g Fiber) • 40g Fat • 69g Protein



Chocolate peanut protein shake

2 shake • 977 Cal

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

Ingredients for 2 shake:

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

LUNCH

615 Cal • 63g Carbs (9g Fiber) • 34g Fat • 23g Protein



Big PB&J Sandwich
1 sandwich • 615 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 sandwich:
2 slice Whole-wheat bread
4 tbsp Peanut butter
2 tbsp Apricot jam

DINNER

579 Cal • 94g Carbs (18g Fiber) • 13g Fat • 24g Protein



Chickpea Quinoa Salad
2 serving • 579 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
1 cup Quinoa
1 cup Arugula
1/2 cup, chopped Onions
15 oz Chickpeas
1 medium (approx 2-3/4" long, 2-1/2" dia.) Red bell pepper
1 medium (approx 2-3/4" long, 2-1/2" dia) Green bell pepper
1/2 tbsp Olive oil

Day 7

2188 Calories • 266g Carbs (45g Fiber) • 100g Fat • 81g Protein

BREAKFAST

964 Cal • 99g Carbs (19g Fiber) • 61g Fat • 20g Protein



Banana & Almond Butter Toast
2 serving • 572 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 slice, regular Rye bread
2 tbsp Almond butter
2 medium (7" to 7-7/8" long) Banana



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

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

LUNCH

579 Cal • 94g Carbs (18g Fiber) • 13g Fat • 24g Protein

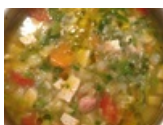


Chickpea Quinoa Salad
2 serving • 579 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

645 Cal • 73g Carbs (8g Fiber) • 25g Fat • 36g Protein



Canned Vegetable Soup with Tofu
4 cups • 543 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 cups:
2 can (10.5 oz) Vegetarian vegetable soup
300 grams Tofu
4 tbsp Parsley



Spinach Recipe
1 serving • 102 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Olive oil
3/4 clove Garlic
1/4 dash Salt
1/2 bunch Spinach

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.

Spinach salad

Directions are for original recipe of 2 serving

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions.
2. Put spinach in a mixing bowl and add the scallions/green onions, oil, pepper, and the juice from 1 squeezed lemon. Toss and serve.

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.

Avocado

Directions are for original recipe of 1 avocado

1. Cut in half and remove the pit.
2. Optional topping ideas: Sea salt, black pepper, balsamic vinegar, lemon/lime juice, or paprika.

Peanut Tofu

Directions are for original recipe of 2 serving

1. Peanut sauce: In a small saucepan, heat peanut butter, soy sauce, finely chopped ginger and garlic, and brown sugar on low heat until all ingredients are mixed. Add water to desired consistency of sauce.
2. While heating the peanut sauce, heat tofu either by boiling or broiling (broiling will take longer, about 30 minutes in the oven). Also, steam cook the green beans and sliced mushrooms on the stove top in a little water for a few minutes until tender.
3. Combine tofu and peanut sauce with steamed vegetables. Enjoy!

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.

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.

Yam Fries

Directions are for original recipe of 2 cup

1. Preheat Oven to 450 Degrees
2. Cut Yams into wedges or fry-shapes. No need to wash or peel as this makes them more crispy
3. Put cubes along with oil, salt, and pepper into bag and seal
4. Shake bag until yams are covered
5. Line baking sheet with yams (make sure they are evenly spaced and none are touching)
6. Bake for 15 minutes and then pull and flip yams and bake for another 10 minutes
7. Let cool for 5 minutes and then enjoy.

Fast Oatmeal

Directions are for original recipe of 1 bowl

1. Add the oats, water and raisins together and put in the microwave for 45 seconds. Stir once and then microwave again for 45 seconds. Set it aside for a couple of minutes to absorb more liquid. Then sprinkle with cinnamon and brown sugar.

Broiled sesame tofu

Directions are for original recipe of 4 serving

1. Heat the broiler to high and arrange a rack in the top third of the oven. Cover a baking sheet with foil; set aside.
2. Whisk the soy sauce, vegetable oil, and a pinch of pepper in a medium shallow bowl to combine. Dip the carrots and tofu pieces into the soy sauce mixture to coat (let the excess sauce drip off and back into the bowl), then lay the pieces on the baking sheet so they are not touching. Set the remaining sauce aside.
3. Broil the carrots and tofu until browned on all sides, about 20 minutes total, turning the tofu every 5 minutes to brown on four sides and flipping the carrots after 10 minutes. Remove from the oven.
4. Add the chopped scallion, vinegar, and sesame oil to the reserved sauce and stir to combine. Add the broiled carrots and tofu to the sauce and toss to coat. 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.

Oatmeal and raisins

Directions are for original recipe of 1 cup

1. Combine raisins with water and stir in the oatmeal. Microwave until cooked according to package directions, about 2 minutes.
2. Remove, add maple syrup, and eat.

Tomato soup

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)

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.

Chickpea Quinoa Salad

Directions are for original recipe of 4 serving

1. Cook quinoa according to package directions; cool. Toss together quinoa and remaining ingredients.
2. Toss together quinoa and remaining ingredients. Salt & pepper to taste.

Banana & Almond Butter Toast

Directions are for original recipe of 1 serving

1. Toast bread to desired doneness.
2. Spread almond butter on toast.
3. Top with banana slices and enjoy!

Canned Vegetable Soup with Tofu

Directions are for original recipe of 2 cups

1. Prepare soup as directed on can. Cut tofu into 1/2 inch cubes. Add to soup and bring to a boil. Serve in a bowl. Sprinkle minced parsley. Serve with crackers if desired.

Spinach Recipe

Directions are for original recipe of 4 serving

1. Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2. Heat 2 tbsp. olive oil in a large skillet on medium-high heat. Add the garlic and saut for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4. After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.