

Your Meal Plan

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Day 1

2161 Calories • 179g Carbs (47g Fiber) • 90g Fat • 174g Protein

BREAKFAST

713 Cal • 35g Carbs (6g Fiber) • 36g Fat • 62g Protein



Cheese Egg White Omelette

2 omelette • 590 Cal

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

Ingredients for 2 omelette:

- 2 large Egg
- 2 dash Salt
- 1/2 cup, shredded Mozzarella cheese
- 2 dash Pepper
- 8 egg white (separated from yolk)
- Egg white
- 1 tbsp Butter



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

474 Cal • 55g Carbs (19g Fiber) • 10g Fat • 45g 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



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

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh

2 serving • 975 Cal

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

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

- 16 oz Tempeh
- 4 cup Mixed vegetables
- 4 tsp Soy sauce
- 1/2 cup Peanuts
- 2 dash Salt
- 2 dash Pepper

Day 2

2194 Calories • 222g Carbs (33g Fiber) • 68g Fat • 186g Protein

BREAKFAST

895 Cal • 89g Carbs (10g Fiber) • 10g Fat • 111g 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



Nonfat greek yogurt

2 cup • 283 Cal

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

Ingredients for 2 cup:

- 2 cup Nonfat greek yogurt

LUNCH

487 Cal • 44g Carbs (11g Fiber) • 22g Fat • 34g Protein



Kung Pao Tempeh

1 serving • 487 Cal

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

Leftovers, eat 1 serving

DINNER

812 Cal • 89g Carbs (13g Fiber) • 36g Fat • 41g 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



Steamed Broccoli

2 serving • 269 Cal

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

Ingredients for 2 serving:

- 3/4 lb Broccoli
- 1 1/2 tbsp Butter
- 1/4 tsp Lemon juice

Day 3

2228 Calories • 221g Carbs (25g Fiber) • 114g Fat • 104g Protein

BREAKFAST

555 Cal • 35g Carbs (8g Fiber) • 32g Fat • 36g Protein



Baked Spinach and Eggs

1 serving • 461 Cal

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

Ingredients for 1 serving:

- 6 cup Spinach
- 4 large Egg
- 1 dash Salt
- 1 dash Pepper
- 1/4 cup, crumbled Feta cheese
- 1 tsp Butter



Apple

1 apple • 95 Cal

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

Ingredients for 1 apple:

- 1 medium (3" dia) Apples

LUNCH

696 Cal • 55g Carbs (15g Fiber) • 39g Fat • 42g Protein



Kung Pao Tempeh
1 serving • 487 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving



Peanut Butter & Celery
1 serving • 209 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Peanut butter
2 stalks, large (11 inches long)
Celery

DINNER

976 Cal • 132g Carbs (1g Fiber) • 44g Fat • 26g Protein



Easy Olive Oil, Tomato, and Basil Pasta
3 serving • 963 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 7 serving (eat 3 serving now, save 4 serving for leftovers):
7/8 dash Pepper
7/8 dash Salt
0.438 cup leaves, whole Basil
0.438 cup Olive oil
1 3/4 plum tomato Tomatoes
1 3/4 cloves, minced Garlic
14 oz Whole wheat pasta



Brussels Sprout Slaw
1 serving • 14 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
0 tsp Salt
0.063 tbsp Olive oil
1/8 tsp Lemon juice
0.031 lb Brussels sprouts

Day 4

2184 Calories • 217g Carbs (31g Fiber) • 95g Fat • 122g Protein

BREAKFAST

719 Cal • 64g Carbs (11g Fiber) • 30g Fat • 47g Protein



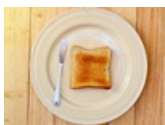
Vegetable 3 Egg Scramble
1 serving • 511 Cal
[Directions](#) | [Full Recipe](#)

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



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

Ingredients for 1 serving:
1 slice Whole-wheat bread

LUNCH

757 Cal • 87g Carbs (0g Fiber) • 38g Fat • 24g Protein



Easy Olive Oil, Tomato, and Basil Pasta
2 serving • 642 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Cheese slices
1 serving • 115 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 oz Cheddar cheese

DINNER

708 Cal • 66g Carbs (20g Fiber) • 27g Fat • 52g Protein



Hot and Spicy Tofu
1 serving • 217 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
3/4 tbsp Vegetable oil
1/4 cup, sliced Onions
1/4 cup, sliced Red bell pepper
3/4 clove Garlic
0.083 cup Water
3/4 tbsp Balsamic vinegar
1/4 tbsp Brown sugar
1/4 tsp Cornstarch
1/4 lb Tofu
1/4 pepper Peppers
3/4 tbsp Soy sauce



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 5

2166 Calories • 233g Carbs (26g Fiber) • 91g Fat • 126g Protein

BREAKFAST

701 Cal • 82g Carbs (12g Fiber) • 18g Fat • 58g 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



Blueberries
1 cup • 84 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Blueberries



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

Ingredients for 1 serving:
1 slice Whole-wheat bread

LUNCH

781 Cal • 102g Carbs (3g Fiber) • 35g Fat • 21g Protein



Easy Olive Oil, Tomato, and Basil Pasta
2 serving • 642 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Granola
1 ounce • 139 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:
1 oz Granola

DINNER

684 Cal • 49g Carbs (12g Fiber) • 37g Fat • 47g Protein



Garlic Green Beans with Tofu
2 serving • 521 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):

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



Yogurt & Banana chips
1 serving • 163 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
8 oz Nonfat greek yogurt
0.2 oz Banana chips

Day 6

2228 Calories • 290g Carbs (45g Fiber) • 85g Fat • 146g Protein

BREAKFAST

347 Cal • 93g Carbs (22g Fiber) • 10g Fat • 24g Protein



Oat Bran
500 ml • 347 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 500 ml:
2 cup Water
2 dash Salt
1 1/2 cup Oat bran

LUNCH

782 Cal • 56g Carbs (17g Fiber) • 51g Fat • 36g Protein



Garlic Green Beans with Tofu
3 serving • 782 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

1099 Cal • 141g Carbs (7g Fiber) • 24g Fat • 86g 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



Microwave Poached Eggs
1 serving • 72 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 large Egg
0.13 tsp Vinegar
1/3 cup Water



Yogurt & Raisins
2 serving • 484 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
1/2 cup (not packed) Raisins

Day 7

2229 Calories • 249g Carbs (48g Fiber) • 86g Fat • 177g Protein

BREAKFAST

376 Cal • 100g Carbs (24g Fiber) • 9g Fat • 23g Protein



Oat bran and cinnamon
2 cup • 315 Cal

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

Ingredients for 2 cup:

1 1/3 cup Oat bran
1 tsp Cinnamon
4 cup Water



Oranges
1 fruit • 62 Cal

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

Ingredients for 1 fruit:

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

LUNCH

782 Cal • 56g Carbs (17g Fiber) • 51g Fat • 36g Protein



Garlic Green Beans with Tofu
3 serving • 782 Cal

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

Leftovers, eat 3 serving

DINNER

1071 Cal • 93g Carbs (7g Fiber) • 26g Fat • 118g Protein



Dinner Pita Pizza
1 pita • 372 Cal

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

Ingredients for 1 pita:

4 1/2 oz Tofu
1/2 cup Spinach
4 slice, medium (1/4" thick)
Tomatoes
1 tbsp Parmesan cheese
1/4 cup, diced Mozzarella cheese
1 pita, large (6-1/2" dia) Pita bread



Cottage Cheese & Grapes
1 serving • 215 Cal

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

Ingredients for 1 serving:

1 cup, (not packed) Cottage cheese
1/2 cup Grapes



Basic protein shake
2 cup • 484 Cal

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

Ingredients for 2 cup:

60 grams Whey protein powder
2 cup Reduced fat milk

Recipe directions

Cheese Egg White Omelette

Directions are for original recipe of 1 omelette

1. Whisk one whole egg with egg whites season with salt and pepper
2. heat non stick skillet to medium low heat. add butter and allow to melt.
3. when butter is melted add egg and begin to swirl pan until egg covers the entire surface. continue to swirl making sure every part of egg begins to get cooked.
4. add cheese to 1/2 of omelette and fold the other side of the omelette over and allow cheese to melt. about one minute.
5. when omelette is finished gently slide onto plate.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

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.

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.

Kung Pao Tempeh

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

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!

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.

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.

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, the butter, and the lemon juice.

Baked Spinach and Eggs

Directions are for original recipe of 1 serving

1. Preheat the oven to 400°F. Lightly grease with butter an individual ramekin or other small oven safe dish that can accommodate the eggs and spinach.
2. Place the spinach in a deep skillet or a large frying pan. Add a little water (2-3 Tablespoons). Using medium heat, cook the spinach just until wilted, roughly 3-4 minutes. Use either your hand or a spatula to pack in the spinach. Drain the excess water well.
3. Distribute the spinach evenly among the prepared ramekins or oven-safe dishes. Crack 1-2 eggs on top of the spinach. Season lightly with salt and pepper - lightly because Feta cheese is pretty salty on its own. Sprinkle the crumbled feta cheese on top.
4. Place the baking dishes or ramekins on a cookie sheet and bake for about 15-18 minutes or until the eggs are set/cooked (whites are set and yolks look firm on the edges) to your liking. Enjoy!

Apple

Directions are for original recipe of 1 apple

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

Peanut Butter & Celery

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and enjoy!

Easy Olive Oil, Tomato, and Basil Pasta

Directions are for original recipe of 8 serving

1. Cut basil into thin strips. Seed & dice tomatoes.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. In a large bowl, gently toss the cooked pasta, tomatoes, olive oil, garlic, and basil. Season with salt and pepper.

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.

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.

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.

Cheese slices

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

Hot and Spicy Tofu

Directions are for original recipe of 4 serving

1. Heat peanut oil in a wok or large frying pan over medium-high heat. Toss the tofu into the oil, and cook until browned on all sides. Once browned, toss in onion, bell pepper, chile pepper, and crushed garlic; cook until just tender, about 5 minutes.
2. In a small bowl, whisk together the hot water (heat beforehand), vinegar, soy sauce, brown sugar, cornstarch, and red pepper flakes. Pour over tofu and vegetables, toss to coat, and simmer 3 to 5 minutes, or until sauce thickens slightly.

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!

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.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

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.

Yogurt & Banana chips

Directions are for original recipe of 1 serving

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

Oat Bran

Directions are for original recipe of 250 ml

1. In a heavy saucepan, bring water and salt to a boil over high heat.
2. Pour in oat bran very slowly, stirring constantly. Reduce heat to medium.
3. Cook 1-3 minutes until thick and ready to serve.

Microwave Poached Eggs

Directions are for original recipe of 1 serving

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.

Yogurt & Raisins

Directions are for original recipe of 1 serving

1. Mix raisins into yogurt and enjoy!

Oat bran and cinnamon

Directions are for original recipe of 1 cup

1. Cook oat bran in water in microwave for 3 minutes. Let cool for 2-3 minutes, it will be hot! Add cinnamon on top to taste when cooked.

Dinner Pita Pizza

Directions are for original recipe of 1 pita

1. Pre-heat oven to 400*
2. Rinse spinach, place in microwave safe bowl, microwave for 30 seconds then drain the water.
3. To the pita add spinach, then tofu slices, then tomato slices, and then cheeses.
4. Bake for 15 minutes.

Cottage Cheese & Grapes

Directions are for original recipe of 1 serving

1. Cut grapes in half. Mix grapes with cottage cheese and serve.

Basic protein shake

Directions are for original recipe of 1 cup

1. Add whey to milk, stir until no chunks of whey are left in the milk.