

Your Meal Plan

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Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

If these links don't work, scroll to the bottom to make sure the whole email is loaded.

Day 1

2584 Calories • 159g Carbs (13g Fiber) • 117g Fat • 222g Protein

BREAKFAST

830 Cal • 13g Carbs (7g Fiber) • 73g Fat • 37g Protein



Scrambled Eggs with Spinach and Feta

2 serving • 439 Cal

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

Ingredients for 2 serving:

1 tsp Olive oil

1/4 cup, crumbled Feta cheese

2 cup Spinach

4 large Egg



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

720 Cal • 38g Carbs (4g Fiber) • 16g Fat • 102g Protein



Coconut Milk Protein Shake

2 shake • 720 Cal

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

Ingredients for 2 shake:

120 grams Whey protein powder

2 cup Pure Coconut Milk

4 tbsp Cocoa

DINNER

1033 Cal • 108g Carbs (2g Fiber) • 28g Fat • 82g Protein



Barbeque Chicken

3 serving • 1033 Cal

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

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

2.97 cup (8 fl oz) Barbecue sauce

4 1/2 tbsp Butter

4 1/2 tbsp Worcestershire sauce

2.97 tsp Garlic powder

9 half breast (fillet) Chicken breast

Day 2

2493 Calories • 216g Carbs (12g Fiber) • 91g Fat • 201g Protein

BREAKFAST

758 Cal • 74g Carbs (0g Fiber) • 19g Fat • 71g Protein



Vanilla protein milkshake

2 shake • 758 Cal

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

Ingredients for 2 shake:

1 cup Vanilla ice cream

60 grams Whey protein powder

2 cup Reduced fat milk

LUNCH

1033 Cal • 108g Carbs (2g Fiber) • 28g Fat • 82g Protein

**Barbeque Chicken**
3 serving • 1033 Cal[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

702 Cal • 34g Carbs (9g Fiber) • 43g Fat • 48g Protein

**Sauerkraut Keto Egg Salad**
2 serving • 610 Cal[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

6 large Egg
1/4 cup Mayonnaise
1/2 cup Sauerkraut
1 dash Salt
1 dash Pepper
3 cup Spinach**Zucchini Spears**
2 serving • 92 Cal[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

0.167 tsp Salt
1 2/3 large Zucchini**Day 3**

2521 Calories • 271g Carbs (20g Fiber) • 95g Fat • 149g Protein

BREAKFAST

461 Cal • 10g Carbs (4g 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**LUNCH**

1070 Cal • 115g Carbs (5g Fiber) • 28g Fat • 84g Protein

**Barbeque Chicken**
3 serving • 1033 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

990 Cal • 146g Carbs (11g Fiber) • 35g Fat • 30g Protein



Brown Butter and Butternut Squash Gnocchi

8 serving • 990 Cal

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

Ingredients for 24 serving (eat 8 serving now, save 16 serving for leftovers):

36 oz Gnocchi

1 1/2 medium (1 lb) Squash

6 tbsp Butter

3/8 cup Sage

3 oz Ricotta cheese

0.188 tsp Nutmeg

3/8 tsp Cinnamon

3/4 cup, grated Parmesan cheese

Day 4

2521 Calories • 249g Carbs (23g Fiber) • 94g Fat • 179g Protein

BREAKFAST

758 Cal • 74g Carbs (0g Fiber) • 19g Fat • 71g Protein



Vanilla protein milkshake

2 shake • 758 Cal

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

Ingredients for 2 shake:

1 cup Vanilla ice cream

60 grams Whey protein powder

2 cup Reduced fat milk

LUNCH

990 Cal • 146g Carbs (11g Fiber) • 35g Fat • 30g Protein



Brown Butter and Butternut Squash Gnocchi

8 serving • 990 Cal

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

Leftovers, eat 8 serving

DINNER

773 Cal • 29g Carbs (11g Fiber) • 40g Fat • 78g Protein



Scallion Crusted Artichoke

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



Kale Chips

2 serving • 251 Cal

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

Ingredients for 2 serving:

4 cup, chopped Kale

1 tbsp Olive oil

1/4 tsp Salt

Day 5

2514 Calories • 207g Carbs (28g Fiber) • 138g Fat • 124g Protein

BREAKFAST

586 Cal • 9g Carbs (5g Fiber) • 55g Fat • 19g Protein



Over Easy Eggs
2 serving • 194 Cal
[Directions](#) | [Full Recipe](#)

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



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

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

LUNCH

1076 Cal • 166g Carbs (18g Fiber) • 35g Fat • 31g Protein



Brown Butter and Butternut Squash Gnocchi
8 serving • 990 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 8 serving



Carrots
1 cup • 86 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

852 Cal • 32g Carbs (4g Fiber) • 47g Fat • 73g Protein



Sauerkraut Keto Egg Salad
2 serving • 610 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
6 large Egg
1/4 cup Mayonnaise
1/2 cup Sauerkraut
1 dash Salt
1 dash Pepper
3 cup Spinach



Basic protein shake
1 cup • 242 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
30 grams Whey protein powder
1 cup Reduced fat milk

Day 6

2455 Calories • 100g Carbs (30g Fiber) • 136g Fat • 218g Protein

BREAKFAST

807 Cal • 37g Carbs (12g Fiber) • 59g Fat • 35g 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



Bacon

2 strips • 100 Cal

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

Ingredients for 2 strips:

2 strip Bacon



Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

LUNCH

789 Cal • 31g Carbs (12g Fiber) • 43g Fat • 80g Protein



All American Tuna

2 serving • 378 Cal

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

Ingredients for 2 serving:

2 can Tuna
2 tbsp Light mayonnaise
1/4 cup, diced Celery
1 large (4" long) Pickles



Cauliflower and Tahini

2 serving • 411 Cal

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

Ingredients for 2 serving:

2 cup chopped, (1/2" pieces)
Cauliflower
4 tbsp Sesame butter

DINNER

858 Cal • 32g Carbs (6g Fiber) • 34g Fat • 103g Protein



Caprese chicken

3 serving • 825 Cal

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

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

1 1/2 tbsp Olive oil
1 1/2 lb Chicken breast
1 1/2 tsp Salt
1 1/2 tsp Pepper
3/8 cup Balsamic vinegar
3 cloves, minced Garlic
37 1/2 cherry Tomatoes
3 tbsp, chopped Basil
6 oz Mozzarella cheese



Zucchini

1 cup • 33 Cal

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

Ingredients for 1 cup:

1 medium Zucchini

Day 7

2512 Calories • 101g Carbs (50g Fiber) • 118g Fat • 242g Protein

BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



Matcha Green Tea Chia Pudding

2 serving • 641 Cal

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

Ingredients for 2 serving:

2 cup Almond milk
6 tbsp Chia Seeds
4 tsp Honey
1 teaspoons Matcha Green Tea Mix
2 dash Salt

LUNCH

1042 Cal • 35g Carbs (10g Fiber) • 51g Fat • 109g Protein



Caprese chicken

3 serving • 825 Cal

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

Leftovers, eat 3 serving



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

829 Cal • 17g Carbs (2g Fiber) • 32g Fat • 113g Protein



Roasted Salmon

2 serving • 485 Cal

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

Ingredients for 2 serving:

10 oz Atlantic salmon
2 tsp Olive oil
1 tsp, leaves Tarragon
1 tbsp chopped Chives



Cottage Cheese with Radishes

2 serving • 345 Cal

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

Ingredients for 2 serving:

2 cup, (not packed) Cottage cheese
2 dash Salt
2 dash Pepper
1 cup slices Radishes

Recipe directions

Scrambled Eggs with Spinach and Feta

Directions are for original recipe of 1 serving

1. Wilt spinach down in a small skillet over low heat with $\frac{1}{2}$ teaspoon of olive oil. Season to taste.
2. Beat the eggs and add to the skillet with the spinach. Stir slowly over medium-low heat until they reach your desired doneness. Sprinkle in the feta cheese and stir to combine and soften the cheese.

Coconut Milk Protein Shake

Directions are for original recipe of 1 shake

1. Mix two scoops protein powder (preferably vanilla flavor) with 1 cup coconut milk and 2 Tbsp. of cocoa powder.

Barbeque Chicken

Directions are for original recipe of 2 serving

1. Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
2. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

Sauerkraut Keto Egg Salad

Directions are for original recipe of 2 serving

1. Hard boil eggs: place in a sauce pan on medium-high heat and fill it with water so the eggs totally covered by an inch. When the water begins to boil, cover the pan and remove from heat (turn off the stove). Wait for 10 minutes.
2. Carefully drain the water and cool the eggs by running cold water over them. Next, peel the eggs when they are cool enough to handle.
3. Toss peeled eggs in a bowl, and chop up to desired size. You can use a fork or a pastry cutter to do this. Add in mayo, drained sauerkraut, and salt and pepper to taste. Serve on a bed of spinach. Enjoy!

Zucchini Spears

Directions are for original recipe of 6 serving

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.

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!

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).

Brown Butter and Butternut Squash Gnocchi

Directions are for original recipe of 16 serving

1. Prepare the ingredients: Heat a medium pot of salted water to boiling on high. Halve the squash lengthwise; scoop out and discard the seeds and pulp. Using a sharp, sturdy knife, peel the squash; discard the peel. Small dice the squash. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves. Crumble the ricotta salata cheese.
2. Cook the squash: In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the squash and cook, stirring occasionally, 7 to 9 minutes, or until tender. Transfer to a bowl and set aside. Wipe down the pan.
3. Brown the Butter: Add the butter to the same pan used to cook the squash. Cook on medium-high, stirring occasionally, 15 to 30 seconds, until the butter foams. As the foam subsides, continue cooking, stirring occasionally and swirling the pan, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
4. Cook the gnocchi: While the butter browns, add the gnocchi to the pot of boiling water. Cook, stirring occasionally, 2 to 3 minutes, or until tender. Reserving $\frac{1}{2}$ cup of the gnocchi cooking water, drain thoroughly and transfer to the pan of browned butter.
5. Finish the gnocchi: To the pan of gnocchi and browned butter, add the cooked squash, sage, Parmesan cheese, nutmeg, cinnamon, and half the reserved gnocchi cooking water. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining gnocchi cooking water to achieve your desired consistency.) Season with salt and pepper to taste. Transfer to a serving dish.

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.

Kale Chips

Directions are for original recipe of 2 serving

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!

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!

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).

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.

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!

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

All American Tuna

Directions are for original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice

Cauliflower and Tahini

Directions are for original recipe of 1 serving

1. Serve cauliflower pieces with tahini for dipping. Enjoy!

Caprese chicken

Directions are for original recipe of 4 serving

1. In a large skillet over medium-high heat, heat oil.
2. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.
3. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.
4. Stir in basil.
5. Return chicken to skillet and nestle in tomatoes. Top with a slice of mozzarella and cover with lid to melt cheese.
6. Spoon tomatoes over chicken and serve.
7. Serve on top of pasta or rice for complete meal.

Zucchini

Directions are for original recipe of 4 cup

1. Wash zucchini and cut into 2 or 3 inch chunks.
2. Put through spiralizer.
3. Put in boiling salted water for about 5 minutes or until they reach the consistency you like.
4. Strain and serve.

Match Green Tea Chia Pudding

Directions are for original recipe of 1 serving

1. Mix together almond milk, honey, matcha, and salt until well combined. In a bowl, pour in chia seeds then the matcha almond milk mixture. Stir to coat chia seeds with the liquid. Refrigerate.
2. 10 minutes later, stir again well. Keep in refrigerator for at least 2 hours or overnight. Dust the top with a little matcha before serving.

Almond Butter & Celery

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

Roasted Salmon

Directions are for original recipe of 1 serving

1. PREPARATION: Chop chives.
2. Preheat oven to 425°F.
3. Rub salmon all over with 1 teaspoon oil and season with salt and pepper. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes. Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin, then drizzle salmon with oil and sprinkle with herbs.

Cottage Cheese with Radishes

Directions are for original recipe of 1 serving

1. Cut radishes into quarters. Combine with cottage cheese and a dash of salt and pepper. Serve.