

## Your Meal Plan

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### Day 1

2445 Calories • 223g Carbs (40g Fiber) • 91g Fat • 197g Protein

#### BREAKFAST

856 Cal • 138g Carbs (18g Fiber) • 14g Fat • 56g Protein



Breakfast Parfait  
2 Bowl • 667 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 Bowl:  
16 oz Nonfat greek yogurt  
1 cup Blueberries  
1 cup, halves Strawberries  
1/2 cup Granola with almonds



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

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

#### LUNCH

662 Cal • 52g Carbs (17g Fiber) • 24g Fat • 64g Protein



Strawberry protein smoothie  
1 smoothie • 384 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 smoothie:  
1 1/2 cup Water  
60 grams Whey protein powder  
1 tbsp Almond butter  
8 large (1-3/8" dia) Strawberries



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

#### DINNER

927 Cal • 33g Carbs (5g Fiber) • 53g Fat • 77g Protein



Southwest Chicken and Bacon Wrap  
1 serving • 870 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):  
3 tbsp Canola oil  
3 breast, bone and skin removed Chicken breast  
3 dash Salt  
3 dash Pepper  
6 strip Bacon  
3 tortilla (approx 7-8" dia) Tortillas  
1 1/2 cup, shredded Monterey cheese  
3 leaf inner Lettuce  
1 1/2 cup, chopped or sliced Tomatoes



Balsamic Asparagus  
1 serving • 57 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
6 spear, large (7-1/4" to 8-1/2")  
Asparagus  
1/4 tbsp Olive oil  
1/4 tbsp Balsamic vinegar

## Day 2

2533 Calories • 255g Carbs (34g Fiber) • 82g Fat • 212g Protein

### BREAKFAST

854 Cal • 123g Carbs (18g Fiber) • 20g Fat • 59g Protein



PB&J Smoothie  
2 smoothie • 770 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 smoothie:  
2 small (6" to 6-7/8" long) Banana  
2 tbsp Peanut butter  
2 tsp Strawberry jam  
16 oz Nonfat greek yogurt  
2 cup, halves Strawberries



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

Ingredients for 1 cup:  
1 cup Blueberries

### LUNCH

870 Cal • 28g Carbs (2g Fiber) • 50g Fat • 74g Protein



Southwest Chicken and Bacon Wrap  
Leftovers, eat 1 serving  
1 serving • 870 Cal  
[Directions](#) | [Full Recipe](#)

### DINNER

809 Cal • 104g Carbs (14g Fiber) • 12g Fat • 79g Protein



Chicken Fajitas  
1 serving • 234 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/2 breast, bone and skin removed  
Chicken breast  
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper  
1/4 onion Onions  
1/4 tsp Fajita Seasoning Mix  
3/8 tbsp Canola Oil



Yogurt & Strawberries  
2 serving • 365 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
16 oz Nonfat greek yogurt  
2 cup, halves Strawberries



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

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

## Day 3

2521 Calories • 245g Carbs (29g Fiber) • 80g Fat • 220g Protein

### BREAKFAST

882 Cal • 90g Carbs (11g Fiber) • 22g Fat • 89g 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



Whole Wheat Toast

1 serving • 71 Cal

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

Ingredients for 1 serving:

1 slice Whole-wheat bread

### LUNCH

907 Cal • 35g Carbs (5g Fiber) • 50g Fat • 76g Protein



Southwest Chicken and Bacon  
Wrap

1 serving • 870 Cal

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

Leftovers, eat 1 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

732 Cal • 120g Carbs (13g Fiber) • 8g Fat • 55g Protein



Macaroni Goulash

2 bowl • 665 Cal

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

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

2 cup spiral shaped Macaroni  
2 can (303 x 406) Corn  
2 can Tuna



Zucchini

2 cup • 67 Cal

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

Ingredients for 2 cup:

2 medium Zucchini

## Day 4

2507 Calories • 236g Carbs (26g Fiber) • 76g Fat • 236g 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

898 Cal • 140g Carbs (12g Fiber) • 8g Fat • 74g Protein



Macaroni Goulash

2 bowl • 665 Cal

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

Leftovers, eat 2 bowl



Yogurt & Mango

1 serving • 233 Cal

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

Ingredients for 1 serving:

1 cup, sliced Mangos  
8 oz Nonfat greek yogurt

### DINNER

797 Cal • 18g Carbs (4g Fiber) • 47g Fat • 75g Protein



Arctic Char with Pistachio  
Orange Vinaigrette

2 serving • 764 Cal

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

Ingredients for 2 serving:

1/2 medium (4-1/8" long) Scallions  
12 oz Trout  
1 tbsp Pistachio nuts  
1/2 fruit (2-7/8" dia) Oranges  
1/2 tbsp Lemon juice  
1 1/2 tbsp Olive oil



Zucchini

1 cup • 33 Cal

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

Ingredients for 1 cup:

1 medium Zucchini

## Day 5

2429 Calories • 263g Carbs (44g Fiber) • 77g Fat • 186g Protein

### BREAKFAST

805 Cal • 82g Carbs (24g Fiber) • 44g Fat • 30g Protein



#### Banana Peanut Butter Chia Pudding

2 serving • 681 Cal

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

Ingredients for 2 serving:

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

3/4 cup Reduced fat milk

1/4 cup Peanut butter

1 1/2 tbsp Chia Seeds



#### Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

### LUNCH

907 Cal • 101g Carbs (14g Fiber) • 13g Fat • 103g Protein



#### Peanut Butter Protein Yogurt

1 serving • 356 Cal

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

Ingredients for 1 serving:

1 cup Nonfat greek yogurt

1 scoop (30g) Whey protein powder

1 tbsp Peanut butter



#### Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

1 cup Baby carrots



#### Yogurt & Mango

2 serving • 465 Cal

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

Ingredients for 2 serving:

2 cup, sliced Mangos

16 oz Nonfat greek yogurt

### DINNER

717 Cal • 80g Carbs (7g Fiber) • 19g Fat • 53g Protein



#### Fennel & Chicken Flatbread

2 pita • 717 Cal

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

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

3 tsp Olive oil

1 1/2 cup, sliced Red bell pepper

6 pita, large (6-1/2" dia) Pita bread

1 1/2 cup, shredded Provolone cheese

1 1/2 breast, bone and skin removed Chicken breast

1 1/2 bulb Fennel

## Day 6

2516 Calories • 251g Carbs (35g Fiber) • 74g Fat • 223g Protein

### BREAKFAST

783 Cal • 78g Carbs (16g Fiber) • 16g Fat • 89g Protein



#### Tropical Skin Cleanser Green Smoothie

2 serving • 783 Cal

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

Ingredients for 2 serving:

3 cup Spinach

2 cup Coconut water (liquid from coconuts)

2 cup, crushed, sliced, or chunks Pineapple

1/2 fruit, without skin and seed

Avocados

3 1/3 scoop (30g) Whey protein powder

### LUNCH

717 Cal • 80g Carbs (7g Fiber) • 19g Fat • 53g Protein



#### Fennel & Chicken Flatbread

2 pita • 717 Cal

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

Leftovers, eat 2 pita

### DINNER

1017 Cal • 93g Carbs (12g Fiber) • 40g Fat • 80g Protein



#### Balsamic Salmon

1 serving • 298 Cal

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

Ingredients for 1 serving:

1/2 dash Salt

1 tbsp Balsamic vinegar

1 tbsp Olive oil

1/2 tbsp Lemon juice

1/2 clove Garlic

4 oz Atlantic salmon



#### Yogurt & Banana

2 serving • 478 Cal

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

Ingredients for 2 serving:

16 oz Nonfat greek yogurt

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



#### Peanut Butter & Carrots

1 serving • 241 Cal

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

Ingredients for 1 serving:

2 tbsp Peanut butter

1 cup chopped Carrots

## Day 7

2449 Calories • 300g Carbs (14g Fiber) • 49g Fat • 212g Protein

### BREAKFAST

899 Cal • 44g Carbs (5g Fiber) • 25g Fat • 123g 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



#### Bacon

4 strips • 200 Cal

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

Ingredients for 4 strips:

4 strip Bacon

## LUNCH

717 Cal • 80g Carbs (7g Fiber) • 19g Fat • 53g Protein



Fennel & Chicken Flatbread  
2 pita • 717 Cal

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

Leftovers, eat 2 pita

## DINNER

833 Cal • 176g Carbs (2g Fiber) • 5g Fat • 36g Protein



Lemon Pasta  
2 serving • 833 Cal

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

Ingredients for 2 serving:

- 1 tbsp Lemon juice
- 1 1/2 tsp Pepper
- 1/2 small Red bell pepper
- 1 tbsp Parmesan cheese
- 8 oz Whole wheat pasta

## Recipe directions

### Breakfast Parfait

Directions are for original recipe of 1 Bowl

1. Mix in bowl.

### Apple

Directions are for original recipe of 1 apple

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

### Strawberry protein smoothie

Directions are for original recipe of 1 smoothie

1. Add 6 ice cubes to the mix and blend for 30 seconds

### 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.

### Southwest Chicken and Bacon Wrap

Directions are for original recipe of 1 serving

1. Heat 1 tbsp of oil in a skillet over medium-high heat.
2. Salt and pepper chicken. Cook in skillet until cooked through and no longer pink (about 5-7 minutes per side). Remove chicken from pan.
3. Toss in bacon and cook to desired crispiness. Remove from pan.
4. Chop chicken and bacon together.
5. Preheat grill to a medium heat setting.
6. Grill tortilla and melt cheese over top.
7. Add chicken and bacon to tortilla. Add lettuce and tomato.
8. Pull off grill to wrap, then return to grill for charred underside.
9. Cut in half and enjoy!

### **Balsamic Asparagus**

Directions are for original recipe of 4 serving

1. Prepare asparagus by washing and snapping off tough end.
2. Heat oil in frying pan.
3. Add asparagus and keep moving around in pan until changes colour (approx 3-5 minutes) add balsamic vinegar and the pepper sprinkling over all of the asparagus.
4. Remove from heat and cover for a few minutes to let flavours develop. Serve.

### **PB&J Smoothie**

Directions are for original recipe of 1 smoothie

1. Blend all ingredients

### **Blueberries**

Directions are for original recipe of 1 cup

1. Wash and enjoy

### **Chicken Fajitas**

Directions are for original recipe of 4 serving

1. Slice peppers, onions, and chicken breasts into long strips.
2. Heat 1½ Tbsp oil in a large pan. Cook peppers and onions on medium heat until onions begin to turn translucent. Remove from pan.
3. Add chicken strips. Cook until no longer pink, stirring frequently. Return vegetables to pan. Add seasoning mix (use the recipe in this book, or a purchased envelope) with about ½ cup of water. Cook until water is reduced.
4. Serve in warmed flour tortillas with toppings of your choice: grated cheese, sour cream, guacamole, tomatoes, salsa, etc.

### **Yogurt & Strawberries**

Directions are for original recipe of 1 serving

1. Mixed sliced strawberries with yogurt 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.

### **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.

### **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.

### **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).



### **Macaroni Goulash**

Directions are for original recipe of 2 bowl

1. Cook macaroni as per directions on box.
2. Add drained tuna and corn.

### **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.

### **Yogurt & Mango**

Directions are for original recipe of 1 serving

1. Cut up mango and mix into yogurt. Enjoy!

### **Arctic Char with Pistachio Orange Vinaigrette**

Directions are for original recipe of 4 serving

1. PREPARATION: Slice scallion. Chop pistachios or pecans.
2. Preheat broiler.
3. Put fish, skin side down, on foil-lined rack of a broiler pan. Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper (total), then brush with 1 tablespoon oil.
4. Broil 4 to 5 inches from heat until just cooked through, 6 to 8 minutes.
5. Meanwhile, grate zest from orange with a Microplane and squeeze 1/4 cup juice.
6. Whisk together zest, orange juice, lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper, then add remaining 2 tablespoons oil in a slow stream, whisking. Stir in scallion.
7. Transfer fillets (without skin; it will be stuck to foil) with a metal spatula to plates, then drizzle with some of vinaigrette and sprinkle with nuts. Serve remaining vinaigrette on the side.

### **Banana Peanut Butter Chia Pudding**

Directions are for original recipe of 4 serving

1. In a blender, puree the banana, milk and peanut butter. Transfer mixture to a medium bowl and stir in the chia seeds. Cover with plastic wrap and chill in the refrigerator for 4 hours or overnight. Stir the mixture before serving. Can be stored in an airtight container refrigerated for up to 1 week.

### **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

### **Peanut Butter Protein Yogurt**

Directions are for original recipe of 1 serving

1. Mix protein powder and peanut butter into greek yogurt until well-combined.
2. 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).

### **Fennel & Chicken Flatbread**

Directions are for original recipe of 4 pita

1. Preheat oven to 500°F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chopped chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.

### **Tropical Skin Cleanser Green Smoothie**

Directions are for original recipe of 1 serving

1. Blend spinach and coconut water until smooth.
2. Add remaining ingredients, and blend until smooth.

### **Balsamic Salmon**

Directions are for original recipe of 2 serving

1. Combine olive oil, fresh garlic, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes. If the fish is over 1" thick, you may have to turn once halfway through the broiling.
4. Serve with extra balsamic vinegar to taste.

### **Yogurt & Banana**

Directions are for original recipe of 1 serving

1. Slice banana and mix with yogurt. Enjoy!

### **Peanut Butter & Carrots**

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and enjoy!

### **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.

### **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.

## **Lemon Pasta**

Directions are for original recipe of 2 serving

1. Cook pasta.
2. Slice red pepper.
3. Put pasta, sliced pepper, ground pepper, and lemon juice in a bowl.
4. Sprinkle with parmesan cheese.