

Your Meal Plan

To make changes or re-build this plan, log in at www.EatThisMuch.com

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

2520 Calories • 164g Carbs (23g Fiber) • 101g Fat • 231g Protein

BREAKFAST

788 Cal • 57g Carbs (13g Fiber) • 46g Fat • 36g 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



Buttered Toast
2 slice • 277 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 slice:
2 slice Whole-wheat bread
4 tsp Butter

LUNCH

827 Cal • 48g Carbs (5g Fiber) • 16g Fat • 118g Protein



Cottage cheese and salsa
2 serving • 688 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 cup, (not packed) Cottage cheese
8 tbsp Salsa



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

Ingredients for 1 ounce:
1 oz Granola

DINNER

905 Cal • 59g Carbs (5g Fiber) • 39g Fat • 77g Protein



Spicy Chicken Fajita
2 fajita • 905 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 fajita (eat 2 fajita now, save 4 fajita for leftovers):
3 breast, bone and skin removed Chicken breast
1 tbsp Olive oil
1 medium (2-1/2" dia) Onions
1 pepper Jalapeno peppers
12 tbsp Salsa
1 1/2 cup, shredded Cheddar cheese
6 tortilla (approx 7-8" dia) Tortillas
6 tbsp Sour cream
3 cup shredded Lettuce

Day 2

2528 Calories • 195g Carbs (27g Fiber) • 128g Fat • 152g Protein

BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich
2 sandwich • 732 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 large Egg
4 tbsp Light mayonnaise
4 tsp Dijon mustard
2 dash Salt
2 dash Pepper
4 slice Whole-wheat bread

LUNCH

905 Cal • 59g Carbs (5g Fiber) • 39g Fat • 77g Protein



Spicy Chicken Fajita
2 fajita • 905 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 fajita

DINNER

891 Cal • 80g Carbs (15g Fiber) • 51g Fat • 35g Protein



Curried Egg Sandwiches
2 serving • 571 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large Egg
1/4 cup Light mayonnaise
1/2 tsp Curry powder
1/2 dash Salt
1/2 dash Pepper
4 slice Whole-wheat bread



Bev's Sauteed Yellow Squash
2 serving • 320 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
3 medium Squash
1/8 cup Butter
1/2 medium (2-1/2" dia) Onions

Day 3

2504 Calories • 212g Carbs (28g Fiber) • 100g Fat • 187g Protein

BREAKFAST

797 Cal • 88g Carbs (7g Fiber) • 19g Fat • 66g Protein



Egg and Cheese Breakfast Sandwich
2 sandwich • 523 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 slice Whole-wheat bread
2 spray , about 1/3 second Pam cooking spray
2 extra large Egg
2 slice (3/4 oz) American cheese



Nonfat yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt

LUNCH

905 Cal • 59g Carbs (5g Fiber) • 39g Fat • 77g Protein



Spicy Chicken Fajita
2 fajita • 905 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 fajita

DINNER

802 Cal • 66g Carbs (17g Fiber) • 42g Fat • 44g Protein



Mexican Casserole
2 serving • 802 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
1 1/8 medium (2-1/2" dia) Onions
3 cup, shredded Cheddar cheese
1 1/2 cup Salsa
1 1/2 can Refried beans
6 tortilla Tortillas

Day 4

2472 Calories • 204g Carbs (35g Fiber) • 110g Fat • 164g Protein

BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich
2 sandwich • 732 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 large Egg
4 tbsp Light mayonnaise
4 tsp Dijon mustard
2 dash Salt
2 dash Pepper
4 slice Whole-wheat bread

LUNCH

888 Cal • 86g Carbs (24g Fiber) • 42g Fat • 46g Protein



Mexican Casserole
2 serving • 802 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

853 Cal • 61g Carbs (3g Fiber) • 31g Fat • 79g Protein



Chicken & Mayo Bagel
1 bagel • 623 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bagel:
1 breast, bone and skin removed
Chicken breast
1 medium bagel (3-1/2" to 4" dia)
Bagels
3 slice, medium (1/4" thick)
Tomatoes
2 leaf, large Lettuce
1 tbsp Light mayonnaise



Cheese slices
2 serving • 230 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 oz Cheddar cheese

Day 5

2459 Calories • 169g Carbs (31g Fiber) • 125g Fat • 164g Protein

BREAKFAST

741 Cal • 33g Carbs (5g Fiber) • 51g Fat • 36g Protein



Onion and Tomato Omelet

2 omelet • 600 Cal

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

Ingredients for 2 omelet:

- 4 extra large Egg
- 4 tbsp chopped Onions
- 2 dash Salt
- 1/2 cup, chopped or sliced Tomatoes
- 2 tbsp Vegetable oil



Whole Wheat Toast

2 serving • 141 Cal

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

Ingredients for 2 serving:

- 2 slice Whole-wheat bread

LUNCH

802 Cal • 66g Carbs (17g Fiber) • 42g Fat • 44g Protein



Mexican Casserole

2 serving • 802 Cal

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

Leftovers, eat 2 serving

DINNER

916 Cal • 71g Carbs (9g Fiber) • 32g Fat • 84g Protein



Curried Egg Sandwiches

2 serving • 571 Cal

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

Ingredients for 2 serving:

- 2 large Egg
- 1/4 cup Light mayonnaise
- 1/2 tsp Curry powder
- 1/2 dash Salt
- 1/2 dash Pepper
- 4 slice Whole-wheat bread



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

Day 6

2497 Calories • 244g Carbs (23g Fiber) • 87g 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

884 Cal • 71g Carbs (17g Fiber) • 20g Fat • 108g Protein



Peanut Butter Protein Yogurt
2 serving • 712 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 cup Nonfat greek yogurt
2 scoop (30g) Whey protein powder
2 tbsp Peanut butter



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

Ingredients for 2 cup:
2 cup Baby carrots

DINNER

856 Cal • 99g Carbs (6g Fiber) • 47g Fat • 22g Protein



Lovely Linguine
2 serving • 796 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
1 tbsp Olive oil
1 tbsp Thyme
1 1/2 cloves, minced Garlic
8 oz Whole wheat pasta
2 1/2 cup, halves Red peppers
3/8 cup Butter



Fried Broccoli
1 serving • 60 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/4 package (16 oz) Broccoli
1/4 tbsp Olive oil
1/8 tsp Cayenne pepper
1/4 tsp Salt

Day 7

2488 Calories • 181g Carbs (13g Fiber) • 113g Fat • 193g Protein

BREAKFAST

869 Cal • 64g Carbs (3g Fiber) • 47g Fat • 47g Protein



German French Toast
2 serving • 869 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 tsp Butter
1 jumbo Egg
1/4 cup Reduced fat milk
4 slice, large White bread
4 slice (1 oz) Muenster cheese

LUNCH

796 Cal • 93g Carbs (2g Fiber) • 43g Fat • 19g Protein



Lovely Linguine
2 serving • 796 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

824 Cal • 24g Carbs (8g Fiber) • 23g Fat • 128g Protein



Cheesy Chicken and Spinach
2 serving • 778 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 breast, bone and skin removed
Chicken breast
2 cup Spinach
2 cup cherry tomatoes Tomatoes
2 oz Mozzarella cheese



Zucchini Spears
1 serving • 46 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
0.083 tsp Salt
0.833 large Zucchini

Recipe directions

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!

Buttered Toast

Directions are for original recipe of 2 slice

1. Use a toaster to toast the bread to desired darkness. Spread butter or margarine onto one side of each slice, and enjoy while hot!

Cottage cheese and salsa

Directions are for original recipe of 1 serving

1. Use chunky salsa for a better texture. Mix the two together and eat.

Spicy Chicken Fajita

Directions are for original recipe of 6 fajita

1. Slice the onion and jalapeno. Saute the onions. Pan fry the chicken breast in oil for about 8-12 minutes (salt and pepper to taste). Warm the tortillas on the griddle, long enough to make them soften up, 2 minutes.
2. Down the center of the tortilla, spread on a tablespoon worth of sour cream, 1/4 cup shredded cheese, 1/2 breast of sliced chicken, sauted onions, jalapenos (as much as you can bare to eat), 2 tablespoons of salsa, and top with 1/2 cup lettuce.
3. Roll up it, folding in the ends, then slice in half.

Egg Salad Sandwich

Directions are for original recipe of 1 sandwich

1. Hard boil eggs: Place the eggs in a single layer at the bottom of a saucepan. Cover with at least an inch or two of cold water. Heat the pot on high heat and bring the water to a full rolling boil. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 15 minutes. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.
2. Peel and chop hard boiled eggs once they've cooled a bit. Add mayo, mustard, salt, and pepper.
3. Mix well and spread on bread or toast to make a sandwich.

Curried Egg Sandwiches

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan in a single layer. Cover eggs with cold water to cover just about an inch over eggs. Heat over high heat, then once boiling, cover pan with lid and turn off heat. Let eggs stand for 12 minutes, then drain immediately and cool under cold water. Peel.
2. Mix together mayonnaise and curry powder in a bowl. Chop eggs up then gently stir in, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.

Bev's Sauteed Yellow Squash

Directions are for original recipe of 4 serving

1. Melt butter in large skillet.
2. Add onion and cook just till tender.
3. Add yellow squash and continue cooking over medium heat, stirring until squash begins to soften.
4. Cover and continue cooking over low heat until nice and tender (usually about 20-25 minutes).
5. I add lots of salt and pepper.

Egg and Cheese Breakfast Sandwich

Directions are for original recipe of 1 sandwich

1. Preheat oven to 400 degrees F.
2. Toast bread to just under desired doneness in oven.
3. Spray a non-stick pan with non-stick spray and cook eggs to desired doneness. Place cooked egg onto a slice of just under-toasted bread. Place cheese on top of egg and top with remaining slice of bread.
4. Return to oven and allow to cook until cheese is melted.
5. Serve hot and 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.

Mexican Casserole

Directions are for original recipe of 4 serving

1. Dice onion
2. Preheat oven to 375 degrees F (190 degrees C). Spray a 9-inch pie pan with non-stick cooking spray.
3. In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes.
4. Place one tortilla in the bottom of the greased pan. Spread about 1/3 cup of the bean mixture over it. Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese!
5. Bake until the cheese is melted, approximately 15 to 20 minutes.

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).

Chicken & Mayo Bagel

Directions are for original recipe of 1 bagel

1. Slice the bagel in half, and if desired toast lightly. Apply half of the mayonnaise to the cut-side of the top half of the bagel, and the remaining half of the mayonnaise to the bottom-half of the bagel.
2. To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle. Slice the cooked chicken breast into 1/2cm thick slices. Slice the Tomatoes into 1/2cm thick slices.
3. Arrange the lettuce on-top the bottom-half of the bagel, on-top of the lettuce place the slices of cooked chicken, balance the tomatoes on top of the chicken and finish by covering with the remaining half of the bagel

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.

Onion and Tomato Omelet

Directions are for original recipe of 1 omelet

1. Scramble eggs in a bowl. Set aside.
2. Heat oil in skillet, add tomatoes and onions. Cook until soft.
3. Add eggs to skillet and begin to swirl until eggs are set. Season with salt.
4. Fold one side of omelette over and remove from pan.

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.

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.

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

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!

Lovely Linguine

Directions are for original recipe of 8 serving

1. Bring a large pot of lightly salted water to a boil. Add linguine and olive oil, cook for 8 to 10 minutes, until al dente, and drain.
2. Melt 2 tablespoons butter in a saucepan over medium heat. Stir in garlic, and cook until golden brown. Mix in remaining butter, thyme, and roasted red peppers. Continue to cook and stir until heated through. Serve over the cooked pasta.

Fried Broccoli

Directions are for original recipe of 4 serving

1. Rinse and pat dry the broccoli.
2. Heat the olive oil in a large skillet over medium heat, add the crushed red pepper and heat 1 minute. Cook and stir the broccoli in the skillet until it begins to get crispy, 5 to 7 minutes. Season with salt to serve.

German French Toast

Directions are for original recipe of 4 serving

1. Melt butter in a skillet over medium heat. In a shallow bowl, beat together eggs and milk.
2. Dip bread slices one at a time in egg mixture, and fry in butter until golden. After turning once, top with a slice of muenster cheese, and cover until cheese is melted.

Cheesy Chicken and Spinach

Directions are for original recipe of 1 serving

1. Cook chicken in a saucepan, season as desired. (If stuffing, slice open center prior to cooking.)
2. Cut up tomatoes and spinach in to bite sized pieces.
3. Sauté vegetables in pan, season with garlic and salt as desired.
4. Shred or grate preferred cheese, like mozzarella, and add to pan.
5. When chicken is done cooking remove it from heat. You can either smother the chicken or stuff it with the vegetables mix.

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.