

## Your Meal Plan

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### Day 1

2951 Calories • 336g Carbs (41g Fiber) • 80g Fat • 251g Protein

#### BREAKFAST

1340 Cal • 138g Carbs (19g Fiber) • 40g Fat • 123g Protein



##### Oatmeal Banana Peanut Butter Chocolate Shake

2 shake • 1340 Cal

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

Ingredients for 2 shake:

- 120 grams Whey protein powder
- 2 medium (7" to 7-7/8" long) Banana
- 1 cup Oatmeal
- 4 tbsp Peanut butter
- 4 cup Water

#### LUNCH

1090 Cal • 160g Carbs (11g Fiber) • 6g Fat • 104g Protein



##### Tropical protein smoothie

2 smoothie • 1090 Cal

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

Ingredients for 2 smoothie:

- 3 cup Orange juice
- 2 medium (7" to 7-7/8" long) Banana
- 120 grams Whey protein powder
- 1 cup, halves Strawberries

#### DINNER

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g 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

## Day 2

2950 Calories • 299g Carbs (46g Fiber) • 97g Fat • 248g Protein

### BREAKFAST

1282 Cal • 147g Carbs (21g Fiber) • 34g Fat • 108g Protein



Oatmeal banana protein shake  
2 shake • 1093 Cal

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

Ingredients for 2 shake:

1 cup Oatmeal  
120 grams Whey protein powder  
1 medium (7" to 7-7/8" long) Banana  
2 tbsp Flaxseed oil  
3 cup Water



Apple  
2 apple • 189 Cal

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

Ingredients for 2 apple:

2 medium (3" dia) Apples

### 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

886 Cal • 96g Carbs (8g Fiber) • 11g Fat • 105g Protein



Peachy Keen Chicken  
1 serving • 209 Cal

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

Ingredients for 1 serving:

1/2 cup, halves or slices Peaches  
1/8 tbsp Honey  
1 half breast (fillet) Chicken breast  
1/4 tbsp Olive oil  
1/4 dash Pepper  
1/4 dash Salt



Cottage Cheese with Banana  
1 serving • 253 Cal

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

Ingredients for 1 serving:

1 small (6" to 6-7/8" long) Banana  
1 cup, (not packed) Cottage cheese



Yogurt & Pineapple  
2 serving • 425 Cal

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

Ingredients for 2 serving:

16 oz Nonfat greek yogurt  
2 cup, crushed, sliced, or chunks  
Pineapple

## Day 3

2924 Calories • 303g Carbs (29g Fiber) • 136g Fat • 149g Protein

### BREAKFAST

179 Cal • 13g Carbs (2g Fiber) • 7g Fat • 16g Protein



Morning Salmon Salad  
1 toast slice • 179 Cal

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

Ingredients for 1 toast slice:

1 1/2 oz Atlantic salmon  
1 slice Whole-wheat bread  
1 tsp chopped Chives  
1/2 dash Pepper  
1 tbsp Cream cheese

**LUNCH**

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

**Garlic Green Beans with Tofu**

Leftovers, eat 3 serving

3 serving • 782 Cal

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

1964 Cal • 234g Carbs (11g Fiber) • 79g Fat • 98g Protein

**Garlic Chili Pasta with Cauliflower**

3 serving • 1524 Cal

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

Ingredients for 5 serving (eat 3 serving now, save 2 serving for leftovers):

- 1 1/4 head small (4" dia.) Cauliflower
- 7 1/2 clove Garlic
- 0.313 tsp Crushed red pepper flakes
- 0.313 tsp Salt
- 2 1/2 cup Organic Vegetable Stock
- 15 oz Whole wheat pasta
- 0.313 cup Olive oil
- 2 1/2 tbsp Parsley
- 2 1/2 tbsp Pine nuts
- 5 tbsp Nutritional Yeast
- 1 1/4 dash Salt
- 1 1/4 dash Pepper

**Protein-boosted Yogurt**

1 serving • 440 Cal

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

Ingredients for 1 serving:

- 1 scoop (30g) Whey protein powder
- 8 oz Greek yogurt

**Day 4**

3024 Calories • 295g Carbs (26g Fiber) • 96g Fat • 254g Protein

**BREAKFAST**

744 Cal • 89g Carbs (3g Fiber) • 5g Fat • 80g Protein

**Orange-Vanilla Protein Smoothie**

1 serving • 390 Cal

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

Ingredients for 1 serving:

- 2 cup Orange juice
- 3 tsp Vanilla extract
- 1 scoop (30g) Whey protein powder
- 1 cup Ice cubes

**Nonfat greek yogurt**

2 cup • 283 Cal

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

Ingredients for 2 cup:

- 2 cup Nonfat greek yogurt

**Whole Wheat Toast**

1 serving • 71 Cal

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

Ingredients for 1 serving:

- 1 slice Whole-wheat bread

**LUNCH**

1155 Cal • 164g Carbs (10g Fiber) • 43g Fat • 41g Protein



### Garlic Chili Pasta with Cauliflower

2 serving • 1016 Cal

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

Leftovers, eat 2 serving



### Granola

1 ounce • 139 Cal

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

Ingredients for 1 ounce:

1 oz Granola

## DINNER

1125 Cal • 43g Carbs (13g Fiber) • 48g Fat • 133g 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



### 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



### Brussels Sprout Slaw

2 serving • 27 Cal

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

Ingredients for 2 serving:

0.031 tsp Salt

1/8 tbsp Olive oil

1/4 tsp Lemon juice

0.063 lb Brussels sprouts

## Day 5

2961 Calories • 268g Carbs (45g Fiber) • 95g Fat • 284g Protein

## BREAKFAST

1091 Cal • 51g Carbs (11g Fiber) • 47g Fat • 122g 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



### Pecans

2 ounce • 392 Cal

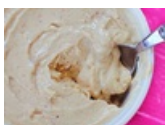
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

## LUNCH

1007 Cal • 61g Carbs (14g Fiber) • 36g Fat • 115g 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



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



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

Ingredients for 1 cup:  
1 cup Baby carrots

## DINNER

864 Cal • 155g Carbs (20g Fiber) • 11g Fat • 47g Protein



Greek Pasta with Tomatoes and White Beans  
2 serving • 864 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
425.243 grams Spinach  
12 oz Whole wheat pasta  
3 can Tomatoes  
807.96 grams White beans  
3/4 cup, crumbled Feta cheese

## Day 6

2950 Calories • 293g Carbs (37g Fiber) • 91g Fat • 256g Protein

## BREAKFAST

1093 Cal • 97g Carbs (13g Fiber) • 34g Fat • 107g Protein



Oatmeal banana protein shake  
2 shake • 1093 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:  
1 cup Oatmeal  
120 grams Whey protein powder  
1 medium (7" to 7-7/8" long) Banana  
2 tbsp Flaxseed oil  
3 cup Water

## LUNCH

864 Cal • 155g Carbs (20g Fiber) • 11g Fat • 47g Protein



Greek Pasta with Tomatoes and White Beans  
2 serving • 864 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

## DINNER

994 Cal • 41g Carbs (5g Fiber) • 46g Fat • 102g Protein



Healthy Caesar Salad  
1 serving • 461 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 tbsp Caesar salad dressing  
3 cup Spinach  
1 breast, bone and skin removed  
Chicken breast  
1 tbsp Olive oil  
1 tbsp Parmesan cheese



Quick Grapefruit  
1 serving • 94 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 medium (approx 4" dia) Grapefruit  
1 tsp brownulated Brown sugar



Protein-boostered Yogurt  
1 serving • 440 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 scoop (30g) Whey protein powder  
8 oz Greek yogurt

## Day 7

2934 Calories • 310g Carbs (31g Fiber) • 102g Fat • 214g Protein

### BREAKFAST

1218 Cal • 106g Carbs (9g Fiber) • 46g Fat • 105g Protein



Chocolate peanut protein shake  
2 serving • 1077 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
60 grams Whey protein powder  
2 cup Reduced fat milk  
4 tbsp Peanut butter  
2 medium (7" to 7-7/8" long) Banana



Nonfat greek yogurt  
1 cup • 142 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:  
1 cup Nonfat greek yogurt

### LUNCH

864 Cal • 155g Carbs (20g Fiber) • 11g Fat • 47g Protein



Greek Pasta with Tomatoes and White Beans  
2 serving • 864 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

### DINNER

852 Cal • 48g Carbs (2g Fiber) • 45g Fat • 61g Protein



Basic chicken quesadilla  
2 quesadilla • 852 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 quesadilla:  
1/2 cup, shredded Monterey cheese  
1/2 cup, shredded Cheddar cheese  
1/2 sprigs Fresh cilantro  
2 tortilla (approx 7-8" dia) Tortillas  
1/2 breast, bone and skin removed  
Chicken breast

## Recipe directions

### 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.

### Tropical protein smoothie

Directions are for original recipe of 1 smoothie

1. Use unflavored protein powder, add 6 ice cubes, blend for 30 seconds.

### **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.

### **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.

### **Apple**

Directions are for original recipe of 1 apple

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

### **Peachy Keen Chicken**

Directions are for original recipe of 4 serving

1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
2. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

### **Cottage Cheese with Banana**

Directions are for original recipe of 1 serving

1. Slice banana and combine with cottage cheese. Serve.

### **Yogurt & Pineapple**

Directions are for original recipe of 1 serving

1. Mix pineapple chunks with yogurt and enjoy!

### **Morning Salmon Salad**

Directions are for original recipe of 2 toast slice

1. Shred salmon with a fork (either pre-cooked or smoked).
2. Mix the cream cheese and salmon.
3. When cream cheese and salmon are mixed, add the chives and season with black pepper to taste. Spread on toast.

### **Garlic Chili Pasta with Cauliflower**

Directions are for original recipe of 4 serving

1. Preheat oven to 450 degrees F (232 C).
2. Chop cauliflower into small pieces. Take half of the garlic cloves and mince. Add cauliflower to a mixing bowl and drizzle with a tiny bit of the oil, add minced garlic, red pepper flakes, and salt. Toss to coat, then spread on a baking sheet and roast for 20 minutes, flipping/stirring once at the 15-minute mark to ensure even cooking. Sample and adjust seasonings as needed. Set aside.
3. Once cauliflower has reached the 10-minute mark, add 2 cups vegetable broth and about 4-5 cups water (or however much to generously cover your pasta) to a large pot and bring to a boil.
4. Once boiling, season well with salt and add pasta. Stir occasionally to prevent sticking and cook according to package instructions for 'al dente' - 7-10 minutes - then drain and set aside. Cover drainer with a towel to keep warm.
5. Heat the same large pot over medium-low heat. Once hot, add the oil and the remaining garlic cloves smashed NOT minced garlic. Sauté 1-2 minutes on both sides, or until garlic is fragrant and slightly golden brown. Remove garlic from pan and let cool slightly, then mince. Set aside.
6. Next add more red pepper flakes to infuse the olive oil for 1-2 minutes. Add cooked pasta, parsley, pine nuts, minced garlic, nutritional yeast, cauliflower, and toss to coat.
7. Remove from heat. Adjust seasonings as desired, adding salt or pepper if necessary. Serve hot with additional parsley and red pepper flakes. Enjoy!

### **Protein-boosted Yogurt**

Directions are for original recipe of 1 serving

1. Mix a scoop of your favorite protein powder into yogurt for a quick protein snack!

### **Orange-Vanilla Protein Smoothie**

Directions are for original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Add more ice for a thicker smoothie. Enjoy!

### **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.

### **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.



### **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.

### **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.

### **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.

### **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!

### **Peanut Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and 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).

### **Greek Pasta with Tomatoes and White Beans**

Directions are for original recipe of 4 serving

1. Wash & chop spinach. Dice tomatoes. Drain and rinse beans.
2. Cook the pasta in a large pot of boiling salted water until al dente.
3. Meanwhile, combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat, and simmer 10 minutes.
4. Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.
5. Serve sauce over pasta, and sprinkle with feta.

### **Healthy Caesar Salad**

Directions are for original recipe of 1 serving

1. Spinach already comes in individual leaves, so you don't have to worry about ripping it apart in the morning when you're pressed for time.
2. Cook some chicken over the weekend and freeze it to increase the simplicity of preparing a lunchtime salad. To cook, 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.
3. Add chicken to the spinach before going to work.
4. In a separate container, mix the low-fat Caesar salad dressing with remaining olive oil.

### **Quick Grapefruit**

Directions are for original recipe of 1 serving

1. Cut grapefruit in half to expose sections. Sprinkle with brown sugar and enjoy.

### **Chocolate peanut protein shake**

Directions are for original recipe of 1 serving

1. Include one cup ice cubes for a better shake (or more milk/water). Add everything to a blender and blend well. The chocolate part comes from using chocolate protein powder, but other flavors can work as well, or you can add a teaspoon of cocoa if you have unflavored protein.

### **Basic chicken quesadilla**

Directions are for original recipe of 4 quesadilla

1. For a much quicker recipe, cook the chicken beforehand if possible, and shred it. Combine the cheeses in a medium bowl.
2. Heat a large frying pan over medium heat until hot, about 3 minutes. Place a tortilla in the pan and sprinkle with half of the chicken, half of the cilantro, and half of the cheese mixture. Top with a second tortilla and cook until the underside of the bottom tortilla is golden brown in several spots and half of the cheese is melted, about 3 minutes. Using a spatula, carefully flip the quesadilla over and cook until the underside of the second tortilla is crisp and golden brown in several spots and all of the cheese is melted, about 2 to 3 minutes more.
3. Slide the quesadilla from the pan onto a cutting board and cut into wedges. Repeat with the remaining ingredients to make a second quesadilla. Serve topped with guacamole, salsa, and sour cream, if desired.