

Your Meal Plan

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Day 1

1219 Calories • 48g Carbs (26g Fiber) • 52g Fat • 126g Protein

BREAKFAST

516 Cal • 28g Carbs (22g Fiber) • 38g Fat • 13g Protein



Match Green Tea Chia Pudding

1 serving • 320 Cal

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

Ingredients for 1 serving:

- 1 cup Almond milk
- 3 tbsp Chia Seeds
- 2 tsp Honey
- 1/2 teaspoons Matcha Green Tea Mix
- 1 dash Salt



Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

- 1 oz (19 halves per) Pecans

LUNCH

404 Cal • 12g Carbs (4g Fiber) • 11g Fat • 66g 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



Celery

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

- 4 stalk, medium (7-1/2" - 8" long) Celery

DINNER

299 Cal • 7g Carbs (0g Fiber) • 3g Fat • 47g Protein



Beer Grilled Shrimp

2 serving • 299 Cal

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

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

- 48 oz Shrimp
- 2 can or bottle (12 fl oz) Beer
- 2 tbsp Garlic

Day 2

1212 Calories • 66g Carbs (17g Fiber) • 37g Fat • 133g Protein

BREAKFAST

330 Cal • 12g Carbs (2g Fiber) • 19g Fat • 26g Protein



Poached Eggs

2 serving • 288 Cal

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

Ingredients for 2 serving:

4 large Egg

2 tsp Vinegar

1/2 tbsp Salt



Kiwi fruit

1 fruit (2" dia) • 42 Cal (69 g)

[Link to Full Nutrition](#)

LUNCH

449 Cal • 11g Carbs (0g Fiber) • 5g Fat • 70g Protein



Beer Grilled Shrimp

3 serving • 449 Cal

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

Leftovers, eat 3 serving

DINNER

433 Cal • 43g Carbs (15g Fiber) • 13g Fat • 37g Protein



Scallion Crusted Artich Char

1 serving • 261 Cal

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

Ingredients for 1 serving:

2 fillet Trout

1/2 tbsp Light mayonnaise

2 medium (4-1/8" long) Scallions



Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots

Day 3

1287 Calories • 92g Carbs (34g Fiber) • 49g Fat • 99g Protein

BREAKFAST

320 Cal • 25g Carbs (19g Fiber) • 17g Fat • 10g Protein



Match Green Tea Chia Pudding

1 serving • 320 Cal

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

Ingredients for 1 serving:

1 cup Almond milk

3 tbsp Chia Seeds

2 tsp Honey

1/2 teaspoons Matcha Green Tea Mix

1 dash Salt

LUNCH

554 Cal • 38g Carbs (3g Fiber) • 6g Fat • 72g Protein



Beer Grilled Shrimp

3 serving • 449 Cal

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

Leftovers, eat 3 serving



Banana

1 banana • 105 Cal

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

Ingredients for 1 banana:

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

DINNER

412 Cal • 30g Carbs (12g Fiber) • 26g Fat • 17g Protein

**Cucumbers and Egg Salad**

1 serving • 122 Cal

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

Ingredients for 1 serving:

- 1 large Egg
- 1 small (6-3/8" long) Cucumber
- 1 small Pickles
- 3/4 tbsp Light mayonnaise

**Sliced bell pepper**

2 pepper • 74 Cal

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

Ingredients for 2 pepper:

- 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper

**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

Day 4

1203 Calories • 83g Carbs (17g Fiber) • 60g Fat • 89g Protein

BREAKFAST

529 Cal • 29g Carbs (8g Fiber) • 39g Fat • 22g Protein

**Zucchini Hash Browns**

4 serving • 529 Cal

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

Ingredients for 4 serving:

- 2 large Egg
- 2 tsp Garlic powder
- 2 tsp Onion powder
- 2 dash Pepper
- 2 dash Salt
- 2 tbsp Olive oil
- 2 large Zucchini

LUNCH

344 Cal • 17g Carbs (1g Fiber) • 5g Fat • 57g Protein

**Cottage cheese and salsa**

1 serving • 344 Cal

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

Ingredients for 1 serving:

- 2 cup, (not packed) Cottage cheese
- 4 tbsp Salsa

DINNER

330 Cal • 38g Carbs (8g Fiber) • 17g Fat • 10g Protein

**Pumpkin Soup with Toasted Pumpkin Seeds**

2 serving • 330 Cal

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

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

- 3/8 cup Pumpkin and squash seed kernels
- 3/4 tsp Pumpkin pie spice
- 1 1/2 tbsp Butter
- 1 1/8 cup, chopped Onions
- 0.188 tsp Cayenne pepper
- 2 5/8 cup Pumpkin
- 4 1/2 cup Vegetable Broth
- 1 1/2 tbsp Marmalade
- 3/8 cup Canned milk

Day 5

1196 Calories • 88g Carbs (17g Fiber) • 51g Fat • 104g Protein

BREAKFAST

253 Cal • 3g Carbs (0g Fiber) • 18g Fat • 19g Protein



Southwestern Eggs
1 Serving • 253 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 Serving:
2 large Egg
1 tbsp Salsa
1 oz Mexican cheese

LUNCH

330 Cal • 38g Carbs (8g Fiber) • 17g Fat • 10g Protein



Pumpkin Soup with Toasted
Pumpkin Seeds
2 serving • 330 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

612 Cal • 47g Carbs (9g Fiber) • 16g Fat • 75g Protein



Tuna Stuffed Baked Pepper
2 serving • 507 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 can Tuna
2 tbsp Cottage cheese
2 tbsp Light mayonnaise
4 tbsp chopped Onions
2 tsp Cayenne pepper
2 medium (approx 2-3/4" long, 2-1/2" dia) Green bell pepper
2 tbsp, shredded Cheddar cheese



Banana
1 banana • 105 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 banana:
1 medium (7" to 7-7/8" long) Banana

Day 6

1168 Calories • 83g Carbs (17g Fiber) • 51g Fat • 97g Protein

BREAKFAST

377 Cal • 9g Carbs (3g Fiber) • 26g Fat • 28g Protein

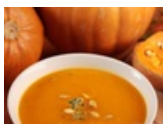


Ham and Egg Mushroom Cups
2 cup • 377 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 large Egg
2 mushroom, whole Mushrooms
1 package, 2.5 oz 1 NLEA serving
Sliced ham
1 tsp Pepper
1 tbsp Olive oil

LUNCH

330 Cal • 38g Carbs (8g Fiber) • 17g Fat • 10g Protein



Pumpkin Soup with Toasted
Pumpkin Seeds
2 serving • 330 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

461 Cal • 36g Carbs (6g Fiber) • 8g Fat • 59g Protein



Easy Grilled Chicken
2 serving • 416 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
2 breast, bone and skin removed
Chicken breast
1 cup Italian dressing
2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 large Zucchini



Watermelon
1 cup, diced • 46 Cal (152 g)
[Link to Full Nutrition](#)

Day 7

1183 Calories • 89g Carbs (15g Fiber) • 54g Fat • 92g Protein

BREAKFAST

356 Cal • 8g Carbs (3g Fiber) • 33g Fat • 9g Protein



Fried Irish Cabbage with Bacon
1 serving • 356 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
0.167 package (12 oz) Bacon
2/3 tbsp Bacon fat
0.167 head, small (about 4-1/2" dia) Cabbage
0.167 dash Pepper

LUNCH

416 Cal • 25g Carbs (6g Fiber) • 8g Fat • 58g Protein



Easy Grilled Chicken
2 serving • 416 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

411 Cal • 56g Carbs (6g Fiber) • 13g Fat • 26g Protein



Spicy Tuna Melt
1 serving • 320 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 oz Tuna
1 serving Thomas english muffins
1 oz Mexican cheese
1 tbsp Garlic powder
1 tbsp Crushed red pepper flakes
1 tbsp Mayonnaise



Zucchini Spears
2 serving • 92 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
0.167 tsp Salt
1 2/3 large Zucchini

Recipe directions

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.

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

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Beer Grilled Shrimp

Directions are for original recipe of 4 serving

1. Whisk the beer and garlic together in a bowl, toss in the shrimp, then pour everything into a resealable plastic bag. Squeeze out excess air, and seal the bag. Place the bag into a bowl to catch any leaks, then marinate in the refrigerator for at least 2 hours.
2. Heat a cast iron grill pan over medium-high heat until it begins to smoke. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade. Cook the shrimp until the shells turn pink and they are no longer translucent in the center, about 5 minutes.

Poached Eggs

Directions are for original recipe of 1 serving

1. Add a small dash of vinegar and salt to a pan of steadily simmering water.
2. Crack eggs individually into a small cup.
3. Create a gentle whirlpool in the water to help the egg white wrap around the yolk.
4. Slowly tip the egg into the water, white first. Leave to cook for three minutes.
5. Remove with a slotted spoon, cutting off any wispy edges using the edge of the spoon.

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.

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).

Cucumbers and Egg Salad

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool.
2. Peel eggs. Chop into eighths, and transfer to a medium salad bowl.
3. Cube cucumbers and pickled cucumbers, and add to eggs. Mix in mayonnaise. Refrigerate until thoroughly chilled.

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).

Almond Butter & Celery

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

Zucchini Hash Browns

Directions are for original recipe of 2 serving

1. Slice and steam zucchini until soft on stovetop in a little water. Drain when cooked. Heat oil in skillet.
2. Mash zucchini until you have about 1 cup's worth and mix it together with slightly beaten eggs, salt, pepper, garlic powder and onion powder.
3. Drop by spoonfuls into the hot skillet.
4. After browning on one side flip and brown the other side.

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.

Pumpkin Soup with Toasted Pumpkin Seeds

Directions are for original recipe of 4 serving

1. Place the pumpkin seeds in a small sauté pan set over medium heat. Cook 3-4 minutes, until they start to toast. Add a pinch of the pumpkin pie spice to the pan and shake to coat. Transfer to a plate to cool.
2. Melt the butter in a medium sized saucepan over medium heat, then add the onions to the melted butter. Sauté, stirring occasionally until the onions are tender, about 3-4 minutes. Add the cayenne pepper and the remaining pumpkin pie spice. Stir just to combine and cook for 2 minutes.
3. Add the pumpkin purée and broth, stir, and simmer for 8 minutes. Stir in the marmalade.
4. Purée the soup with an immersion blender or transfer in batches to a blender. Stir in the evaporated milk. Roughly chop the toasted spiced seeds. Ladle one cup of soup into each bowl and garnish with 1/4 the of the seeds.
5. Serve immediately and enjoy!

Southwestern Eggs

Directions are for original recipe of 1 Serving

1. Use some vegetable spray to oil the pan. Allow it to warm up on medium heat. Put the eggs in the pan and scramble. Lower the heat. Add salsa and crumble cheese. Stir until firm and then eat.

Tuna Stuffed Baked Pepper

Directions are for original recipe of 1 serving

1. Preheat broiler to high heat.
2. Combine tuna, cottage cheese, mayonnaise, chopped onions, and cayenne pepper in a bowl. Mix until well-combined.
3. Slice peppers in half and fill with tuna mixture. Top with cheese.
4. Place on cookie sheet and broil in the oven for 5-7 minutes.
5. Serve immediately and enjoy!

Ham and Egg Mushroom Cups

Directions are for original recipe of 2 cup

1. Remove stem and clean out mushroom cups with a damp cloth
2. rub olive oil on the outside of the mushrooms
3. line mushroom cup with ham, then crack an egg into each cup
4. sprinkle with black pepper and herbs to taste
5. Bake for 20-30 min at 375F in Toaster Oven or preheated Oven

Easy Grilled Chicken

Directions are for original recipe of 4 serving

1. Place washed chicken breasts in large sealable bag. Add 1 cup fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.
2. Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.
3. Grill chicken and veggies over medium heat.

Fried Irish Cabbage with Bacon

Directions are for original recipe of 6 serving

1. Cook bacon in a deep skillet over medium heat until crisp, 5 to 7 minutes. Remove bacon from skillet and drain on a paper towel-lined plate. Reserve 1/4 cup drippings in skillet.
2. Cook and stir cabbage in hot bacon drippings over medium heat until cabbage wilts, 5 to 7 minutes.
3. Crumble bacon over cabbage. Stir and simmer until bacon is warmed, 2 to 3 minutes. Season with black pepper.

Spicy Tuna Melt

Directions are for original recipe of 1 serving

1. Mix tuna, mayo, garlic, and red pepper flakes in a bowl.
2. Half and toast english muffin until light brown.
3. Spread tuna mixture evenly on english muffin halves and place cheese evenly on top of tuna.
4. Bake until cheese is melted and english muffin is crispy usually about 5-10 min at 300 degrees F.

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.