

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

1213 Calories • 82g Carbs (20g Fiber) • 53g Fat • 100g Protein

BREAKFAST

366 Cal • 28g Carbs (4g Fiber) • 19g Fat • 20g Protein



Egg Salad Sandwich

1 sandwich • 366 Cal

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

Ingredients for 1 sandwich:

- 2 large Egg
- 2 tbsp Light mayonnaise
- 2 tsp Dijon mustard
- 1 dash Salt
- 1 dash Pepper
- 2 slice Whole-wheat bread

LUNCH

431 Cal • 29g Carbs (11g Fiber) • 26g Fat • 22g Protein



Bell Pepper and Hummus Snack

2 serving • 201 Cal

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

Ingredients for 2 serving:

- 2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
- 4 tbsp Hummus



Cheese slices

2 serving • 230 Cal

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

Ingredients for 2 serving:

- 2 oz Cheddar cheese

DINNER

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



Easy Grilled Chicken

2 serving • 416 Cal

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

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

- 3 breast, bone and skin removed Chicken breast
- 1 1/2 cup Italian dressing
- 3 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
- 1 1/2 large Zucchini

Day 2

1205 Calories • 116g Carbs (26g Fiber) • 39g Fat • 122g Protein

BREAKFAST

311 Cal • 66g Carbs (11g Fiber) • 5g Fat • 26g Protein



Oat Bran
250 ml • 173 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 250 ml:
1 cup Water
1 dash Salt
3/4 cup Oat bran



Nonfat yogurt
1 bowl • 137 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1 cup (8 fl oz) Nonfat yogurt

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

479 Cal • 25g Carbs (9g Fiber) • 26g Fat • 38g Protein



Chicken caesar salad
1 serving • 295 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 cup shredded Lettuce
1 tbsp Caesar salad dressing
2 tsp Olive oil
1 half breast (fillet) Chicken breast
2 tbsp Parmesan cheese



Roasted Cherry Tomatoes with Mint
1 serving • 45 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Spearmint
0.063 tsp Salt
0.031 tsp Pepper
1/4 tbsp Olive oil
1/2 cup cherry tomatoes Tomatoes



Red Bell Pepper and Hummus
1 serving • 139 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/4 cup Hummus
1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper

Day 3

1200 Calories • 81g Carbs (18g Fiber) • 52g Fat • 99g Protein

BREAKFAST

383 Cal • 23g Carbs (4g Fiber) • 23g Fat • 20g Protein



Egg in a nest
2 piece • 383 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 piece:
2 large Egg
2 slice regular Multi-grain bread
1 dash Salt
1 tbsp Butter
1 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

401 Cal • 33g Carbs (8g Fiber) • 21g Fat • 22g Protein



Mexican Casserole

1 serving • 401 Cal

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

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):

0.563 medium (2-1/2" dia) Onions
1 1/2 cup, shredded Cheddar cheese
3/4 cup Salsa
3/4 can Refried beans
3 tortilla Tortillas

Day 4

1208 Calories • 132g Carbs (32g Fiber) • 53g Fat • 104g Protein

BREAKFAST

347 Cal • 93g Carbs (22g Fiber) • 10g Fat • 24g Protein



Oat Bran

500 ml • 347 Cal

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

Ingredients for 500 ml:

2 cup Water
2 dash Salt
1 1/2 cup Oat bran

LUNCH

401 Cal • 33g Carbs (8g Fiber) • 21g Fat • 22g Protein



Mexican Casserole

1 serving • 401 Cal

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

Leftovers, eat 1 serving

DINNER

461 Cal • 6g Carbs (2g Fiber) • 22g Fat • 58g 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

Day 5

1282 Calories • 106g Carbs (19g Fiber) • 53g Fat • 96g Protein

BREAKFAST

465 Cal • 48g Carbs (5g Fiber) • 24g Fat • 16g Protein



Egg in a Cup
2 serving • 370 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large Egg
10 cracker square Saltines
1 tbsp Butter
1 dash Salt
1 dash Pepper



Apple
1 apple • 95 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:
1 medium (3" dia) Apples

LUNCH

401 Cal • 33g Carbs (8g Fiber) • 21g Fat • 22g Protein



Mexican Casserole
1 serving • 401 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

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



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

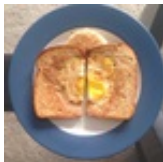
Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
3 breast, bone and skin removed
Chicken breast
1 1/2 cup Italian dressing
3 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 1/2 large Zucchini

Day 6

1240 Calories • 89g Carbs (18g Fiber) • 55g Fat • 98g Protein

BREAKFAST

386 Cal • 25g Carbs (3g Fiber) • 23g Fat • 20g Protein



Egg in a Basket
2 slice • 386 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 slice:
2 large Egg
1 dash Salt
1 dash Pepper
1 tbsp Butter
2 slice Whole-wheat bread

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

438 Cal • 39g Carbs (9g Fiber) • 24g Fat • 21g Protein



Grilled Cheese with Tomato, Peppers and Basil

1 serving • 317 Cal

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

Ingredients for 1 serving:

1/4 dash Pepper

1/4 dash Salt

1/4 large whole (3" dia) Tomatoes

2 slice Whole-wheat bread

1/2 pepper Serrano pepper

1 slice (1 oz) Cheddar cheese

1/2 tsp, ground Basil

1/2 tbsp Butter



Zucchini & Hummus

1 serving • 121 Cal

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

Ingredients for 1 serving:

1 cup, sliced Zucchini

1/4 cup Hummus

Day 7

1195 Calories • 96g Carbs (20g Fiber) • 55g Fat • 102g Protein

BREAKFAST

353 Cal • 46g Carbs (13g Fiber) • 25g Fat • 14g Protein



Oat bran and cinnamon

1 cup • 157 Cal

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

Ingredients for 1 cup:

2/3 cup Oat bran

1/2 tsp Cinnamon

2 cup Water



Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

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

426 Cal • 24g Carbs (1g Fiber) • 22g Fat • 31g Protein



Basic chicken quesadilla

1 quesadilla • 426 Cal

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

Ingredients for 1 quesadilla:

1/4 cup, shredded Monterey cheese

1/4 cup, shredded Cheddar cheese

1/4 sprigs Fresh cilantro

1 tortilla (approx 7-8" dia) Tortillas

1/4 breast, bone and skin removed

Chicken breast

Recipe directions

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.

Bell Pepper and Hummus Snack

Directions are for original recipe of 1 serving

1. 1 bell pepper sliced with 2 tbsp hummus.

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.

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.

Oat Bran

Directions are for original recipe of 250 ml

1. In a heavy saucepan, bring water and salt to a boil over high heat.
2. Pour in oat bran very slowly, stirring constantly. Reduce heat to medium.
3. Cook 1-3 minutes until thick and ready to serve.

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.

Chicken caesar salad

Directions are for original recipe of 1 serving

1. Slice the raw chicken breast into strips and fry in a pan with olive oil.
2. Mix the roasted chicken, lettuce, dressing, and cheese in a bowl.
3. Eat it

Roasted Cherry Tomatoes with Mint

Directions are for original recipe of 4 serving

1. PREPARATION: Finely chop mint.
2. Preheat oven to 425F.
3. Toss tomatoes with oil, salt, and pepper in a small baking pan and roast in middle of oven until skins just begin to split, 5 to 10 minutes.
4. Sprinkle tomatoes with mint.

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.

Egg in a nest

Directions are for original recipe of 2 piece

1. Cut or tear a 2-inch hole out of the center of each slice of bread.
2. Melt the butter in a large nonstick frying pan over medium heat until foaming. Add the bread slices. Crack an egg into each bread hole, season with salt and pepper, and cook until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip and cook until the second side is golden brown, about 3 minutes more for runny yolks. Serve immediately.

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.

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.

Egg in a Cup

Directions are for original recipe of 2 serving

1. Bring a pot of water to a boil. (Use enough water to just cover the eggs once their in your pot.) Add eggs, and cook for 3 minutes. The yolks need to be runny.
2. While the eggs cook, crush the crackers into two coffee mugs with the butter. When the eggs are done, remove from the water, and peel.
3. Place one soft-boiled egg into each cup. Mix into the crackers, and season with salt and pepper.

Apple

Directions are for original recipe of 1 apple

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

Egg in a Basket

Directions are for original recipe of 2 slice

1. Using a biscuit cutter or a glass, cut a hole in the center of each slices of bread.
2. Melt the butter in a non stick skillet over medium low heat, add the slices of bread (with the hole in the center) and crack an egg right in the center.
3. Season the egg lightly with salt and pepper and let it cook for 1 to 2 minutes on each side. Make sure you also add the pieces of the bread that you have cut out, place them in the skillet along with the eggs in a basket and cook that for the same amount of time.

Grilled Cheese with Tomato, Peppers and Basil

Directions are for original recipe of 4 serving

1. Slice tomato, thinly slice and remove seeds from pepper.
2. Butter one side of each slice of bread, and place 4 of the slices butter-side down on a griddle over medium heat.
3. On each piece of bread, place one slice of cheese, 1 slice of tomato, and a few slices of serrano pepper. Sprinkle dried basil and salt and pepper to taste. Top each sandwich with a slice of buttered bread, butter-side up.
4. Grill sandwiches until golden brown, about 2 to 3 minutes each side.

Zucchini & Hummus

Directions are for original recipe of 1 serving

1. Slice zucchini into rounds and serve with hummus.

Oat bran and cinnamon

Directions are for original recipe of 1 cup

1. Cook oat bran in water in microwave for 3 minutes. Let cool for 2-3 minutes, it will be hot! Add cinnamon on top to taste when cooked.

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.