

Your Meal Plan

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Day 1

1161 Calories • 99g Carbs (29g Fiber) • 56g Fat • 73g Protein

BREAKFAST

326 Cal • 30g Carbs (7g Fiber) • 20g Fat • 12g Protein



Zucchini Hash Browns

2 serving • 264 Cal

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

Ingredients for 2 serving:

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



Oranges

1 fruit • 62 Cal

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

Ingredients for 1 fruit:

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

LUNCH

428 Cal • 32g Carbs (10g Fiber) • 18g Fat • 35g Protein



Spicy Chicken Celery Sticks

1 serving • 342 Cal

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

Ingredients for 1 serving:

- 1 can (5 oz) yields Canned chicken
- 2 tbsp Light mayonnaise
- 1/2 tsp Garlic powder
- 1/4 tsp Salt
- 3 stalks, large (11 inches long) Celery
- 2 tbsp Pepper or hot sauce



Carrots

1 cup • 86 Cal

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

Ingredients for 1 cup:

- 1 cup Baby carrots

DINNER

407 Cal • 37g Carbs (12g Fiber) • 19g Fat • 25g Protein



Simple Thai Pumpkin Soup

1 serving • 162 Cal

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

Ingredients for 1 serving:

- 1/2 tbsp Curry paste
- 1 cup Vegetable Broth
- 1/4 cup Pumpkin
- 1/4 cup Coconut milk
- 1/4 pepper Red peppers
- 1/4 tbsp Fresh cilantro



Grilled Polenta Chips
1 serving • 245 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 oz Yellow Polenta
1/4 tbsp Olive oil
1 1/2 oz Nutritional Yeast
1/4 dash Pepper
1/4 dash Salt

Day 2

1245 Calories • 123g Carbs (24g Fiber) • 43g Fat • 96g Protein

BREAKFAST

380 Cal • 24g Carbs (6g Fiber) • 20g Fat • 27g Protein



Poached Eggs
2 serving • 288 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 large Egg
2 tsp Vinegar
1/2 tbsp Salt



Strawberries
2 cup • 92 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup, whole Strawberries

LUNCH

403 Cal • 74g Carbs (18g Fiber) • 13g Fat • 7g Protein



Apples and Almond Butter
2 apple • 317 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 apple:
4 tsp Almond butter
2 medium (3" dia) Apples



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

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

462 Cal • 25g Carbs (0g Fiber) • 11g Fat • 62g Protein



Easy Grilled Chicken Teriyaki
2 serving • 462 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 Teriyaki sauce
3/8 cup Lemon juice
3 tsp Garlic
3 tsp Sesame oil

Day 3

1254 Calories • 109g Carbs (26g Fiber) • 52g Fat • 95g Protein

BREAKFAST

371 Cal • 58g Carbs (9g Fiber) • 10g Fat • 16g Protein



Banana Egg Pancakes

2 pancakes • 248 Cal

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

Ingredients for 2 pancakes:

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

2 large Egg



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

462 Cal • 25g Carbs (0g Fiber) • 11g Fat • 62g Protein



Easy Grilled Chicken Teriyaki

2 serving • 462 Cal

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

Leftovers, eat 2 serving

DINNER

420 Cal • 26g Carbs (16g Fiber) • 31g Fat • 17g Protein



Easy Avocado with Shrimp

1 serving • 384 Cal

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

Ingredients for 1 serving:

3 oz Shrimp

1 wedge yields Lemon juice

1 dash Pepper

1 dash Salt

1 fruit Avocados



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

Day 4

1224 Calories • 147g Carbs (23g Fiber) • 40g Fat • 84g Protein

BREAKFAST

370 Cal • 89g Carbs (16g Fiber) • 3g Fat • 9g Protein



Green Kiwi Smoothie

1 serving • 370 Cal

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

Ingredients for 1 serving:

1 cucumber (8-1/4") Cucumber

1 extra large (9" or longer) Banana

4 fruit (2" dia) Kiwi fruit

3 cup Spinach

LUNCH

462 Cal • 25g Carbs (0g Fiber) • 11g Fat • 62g Protein



Easy Grilled Chicken Teriyaki

2 serving • 462 Cal

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

Leftovers, eat 2 serving

DINNER

393 Cal • 33g Carbs (7g Fiber) • 26g Fat • 12g Protein



Broccoli Salad
2 cup • 393 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
1 1/2 cup chopped Broccoli
1/8 cup, chopped Onions
1/8 cup (not packed) Raisins
1 1/2 tbsp Sesame seed dressing
1 1/2 strip cooked Bacon
1/8 cup, hulled Sunflower seed kernels
0.063 cup Light mayonnaise

Day 5

1221 Calories • 70g Carbs (23g Fiber) • 70g Fat • 85g Protein

BREAKFAST

376 Cal • 25g Carbs (3g Fiber) • 22g Fat • 22g Protein



Cantaloupe
4 slices • 94 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 slices:
4 wedge, medium (1/8 of medium melon) Melons



Basic scrambled eggs
1 serving • 282 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
3 large Egg
1/2 tbsp Olive oil
1/2 tbsp chopped Chives
1/2 tbsp, ground Tarragon
1/2 dash Salt
1/2 dash Pepper

LUNCH

429 Cal • 20g Carbs (14g Fiber) • 40g Fat • 6g Protein



Avocado
1 avocado • 322 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 avocado:
1 fruit Avocados



Roast Mushrooms
1 serving • 108 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 cup, whole Mushrooms
0.063 cup Parsley
1 1/4 cloves, minced Garlic
3/4 tbsp Olive oil
1/2 tsp Lemon juice

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

1218 Calories • 132g Carbs (21g Fiber) • 34g Fat • 102g Protein

BREAKFAST

383 Cal • 51g Carbs (9g Fiber) • 15g Fat • 15g Protein



Over Easy Eggs
2 serving • 194 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 extra large Egg
1 tsp Margarine



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

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

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

418 Cal • 56g Carbs (6g Fiber) • 11g Fat • 29g Protein



Easy Garlic Chicken
1 serving • 208 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Olive oil
1/2 breast, bone and skin removed
Chicken breast
1/2 tsp Garlic powder
1/4 tsp Salt
1/4 tsp Onion powder



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

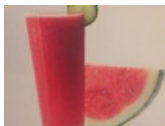
Ingredients for 2 banana:
2 medium (7" to 7-7/8" long) Banana

Day 7

1246 Calories • 105g Carbs (19g Fiber) • 49g Fat • 109g Protein

BREAKFAST

430 Cal • 63g Carbs (8g Fiber) • 21g Fat • 7g Protein



Watermelon Cooler Smoothie
2 serving • 234 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 medium Pears
4 leaf, whole Basil
4 cup, diced Watermelon



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



Paleo Chicken Spinach Meatballs

1 serving • 400 Cal

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

Ingredients for 1 serving:

8 oz crumbled Ground chicken

1/2 package (10 oz) yields Spinach

1/2 tsp Curry powder

1/2 cup, crushed, sliced, or chunks Pineapple

1/2 dash Salt

1/2 dash Pepper

Recipe directions

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.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Spicy Chicken Celery Sticks

Directions are for original recipe of 1 serving

1. Combine chicken, mayo, garlic powder, salt and hot sauce in a small bowl and mix until well combined.
2. Cut celery stalks in half. Stuff each stalk with the chicken mixture and serve.

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).

Simple Thai Pumpkin Soup

Directions are for original recipe of 4 serving

1. In a large saucepan over medium heat, cook the curry paste for about 1 minute or until paste becomes fragrant.
2. Stir in broth and pumpkin. Cook for about 3 minutes or until soup starts to bubble.
3. Add most of the coconut milk, saving a small amount for garnish. Cook until hot, about 3 minutes.
4. Ladle into bowls, and garnish with a drizzle of coconut milk and sliced red chilis. Garnish with cilantro leaves if desired.

Grilled Polenta Chips

Directions are for original recipe of 4 serving

1. Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2. Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3. Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4. Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

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.

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.

Apples and Almond Butter

Directions are for original recipe of 1 apple

1. Core and quarter a medium apple. Spread with 2 tsp creamy natural almond butter.

Easy Grilled Chicken Teriyaki

Directions are for original recipe of 4 serving

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Banana Egg Pancakes

Directions are for original recipe of 2 pancakes

1. Mash the ripe banana.
2. Beat the eggs and stir in the banana.
3. Pour onto lightly oiled frying pan. Flip when bubbles. You can usually make 2 small pancakes per 2 eggs/1 banana.

Easy Avocado with Shrimp

Directions are for original recipe of 1 serving

1. Bring a pot of water to boil over high heat. Boil shrimp until pink and opaque, 2-4 minutes. Drain, and run under cold water in a colander to stop cooking. Peel shrimp if shelled and roughly chop into pieces.
2. Cut avocado in half and remove pit. Scoop out insides of avocado and chop into cubes. Stir avocado and shrimp together, then stuff back into avocado shells. Top with a squeeze of lemon, and a dash of salt and pepper. Serve.

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).

Green Kiwi Smoothie

Directions are for original recipe of 1 serving

1. Cut the cucumber (with peel), banana and kiwis into coins.
2. Add all ingredients and blend until smooth. Serve right away or pour into a bottle and take with you on the go.

Broccoli Salad

Directions are for original recipe of 8 cup

1. Chop and fry bacon.
2. Mix ingredients in large bowl.
3. If preparing ahead of time, do not add sunflower seeds until serving.

Cantaloupe

Directions are for original recipe of 8 slices

1. Cut cantaloupe into cubes or wedge slices. 1 cup of cubes is about 2 wedges of a medium melon (each wedge = 1/8 of a melon).

Basic scrambled eggs

Directions are for original recipe of 2 serving

1. (Feel free to substitute the olive oil with coconut oil, or any oil that fits with your diet)
2. Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
3. Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
4. Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper as needed. Serve immediately.

Avocado

Directions are for original recipe of 1 avocado

1. Cut in half and remove the pit.
2. Optional topping ideas: Sea salt, black pepper, balsamic vinegar, lemon/lime juice, or paprika.

Roast Mushrooms

Directions are for original recipe of 4 serving

1. If mushrooms are really large, halve them lengthwise
2. Toss mushrooms with chopped parsley, garlic, lemon juice
3. Place in dish, drizzle with olive oil
4. Bake 15 minutes at 450 F

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.

Over Easy Eggs

Directions are for original recipe of 2 serving

1. Melt 1 small teaspoon of margarine in a pan
2. Fry 2 eggs in a pan with a pot lid over top for about 2 minutes. Be careful not to break the yolks!

Apple

Directions are for original recipe of 1 apple

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

Easy Garlic Chicken

Directions are for original recipe of 4 serving

1. Pour olive oil (or your preferred oil, like coconut oil) in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Watermelon Cooler Smoothie

Directions are for original recipe of 2 serving

1. Place all of the ingredients into a 40 fl oz (1.25 qt) processing bowl in the order listed and blend until smooth.

Paleo Chicken Spinach Meatballs

Directions are for original recipe of 2 serving

1. Preheat oven to 375 degrees. Line a large baking sheet with nonstick foil and set aside.
2. Press pineapple in sieve to remove excess juice. Place in large bowl. Cook and drain spinach, squeezing out extra moisture and add to pineapple. Add ground chicken, curry powder, salt and pepper. Mix well using hands.
3. Roll meat mixture into 1 1/2 Tbsp sized balls. Place on prepared baking sheet. Bake in preheated oven for 12-15 minutes or until fully cooked.