

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

1588 Calories • 99g Carbs (18g Fiber) • 68g Fat • 145g Protein

BREAKFAST

388 Cal • 2g Carbs (0g Fiber) • 29g Fat • 28g Protein



Over Easy Eggs
4 serving • 388 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving:
4 extra large Egg
2 tsp Margarine

LUNCH

630 Cal • 31g Carbs (12g Fiber) • 32g Fat • 60g Protein



Cottage Cheese with Spicy Tuna
1 serving • 228 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 cup, (not packed) Cottage cheese
1/2 tsp Dill
1 can Tuna
1 tsp Sriracha Sauce



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



Almonds
2 ounce • 328 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz (23 whole kernels) Almonds

DINNER

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs
2 serving • 570 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 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper
1 1/2 large Onions
1 1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 1/2 cup (8 fl oz) Barbecue sauce

Day 2

1591 Calories • 93g Carbs (12g Fiber) • 70g Fat • 140g Protein

BREAKFAST

553 Cal • 6g Carbs (2g Fiber) • 46g Fat • 28g Protein



Pesto Scrambled Eggs

2 pan • 553 Cal

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

Ingredients for 2 pan:

1 tbsp Butter

4 large Egg

2 tbsp Basil Pesto

LUNCH

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs

2 serving • 570 Cal

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

Leftovers, eat 2 serving

DINNER

468 Cal • 20g Carbs (4g Fiber) • 17g Fat • 56g Protein



Chicken Fajitas

2 serving • 468 Cal

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

Ingredients for 2 serving:

1 breast, bone and skin removed
Chicken breast

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

1/2 onion Onions

1/2 tsp Fajita Seasoning Mix

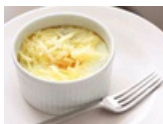
3/4 tbsp Canola Oil

Day 3

1528 Calories • 116g Carbs (22g Fiber) • 56g Fat • 138g Protein

BREAKFAST

397 Cal • 1g Carbs (0g Fiber) • 37g Fat • 16g Protein



Low Carb Asiago Baked Eggs

1 serving • 397 Cal

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

Ingredients for 1 serving:

2 tbsp Butter

2 large Egg

1/2 oz Asiago Italian

LUNCH

570 Cal • 67g Carbs (6g Fiber) • 7g Fat • 57g Protein



Chicken Kabobs

2 serving • 570 Cal

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

Leftovers, eat 2 serving

DINNER

561 Cal • 48g Carbs (17g Fiber) • 12g Fat • 65g Protein



Cheesy Chicken and Spinach

1 serving • 389 Cal

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

Ingredients for 1 serving:

1 breast, bone and skin removed
Chicken breast

1 cup Spinach

1 cup cherry tomatoes Tomatoes

1 oz Mozzarella cheese



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

Ingredients for 2 cup:
2 cup Baby carrots

Day 4

1502 Calories • 73g Carbs (19g Fiber) • 77g Fat • 135g Protein

BREAKFAST

521 Cal • 18g Carbs (6g Fiber) • 44g Fat • 19g Protein



Scrambled eggs with vegetables
4 serving • 325 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving:
2 large Egg
1 mushroom, whole Mushrooms
1 medium whole (2-3/5" dia) Tomatoes
1/2 medium (2-1/2" dia) Onions
1 tbsp Olive oil



Pecans
1 ounce • 196 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:
1 oz (19 halves per) Pecans

LUNCH

565 Cal • 31g Carbs (7g Fiber) • 24g Fat • 58g Protein



Coconut Milk Protein Shake
1 shake • 360 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:
60 grams Whey protein powder
1 cup Pure Coconut Milk
2 tbsp Cocoa



Cauliflower and Tahini
1 serving • 205 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup chopped, (1/2" pieces) Cauliflower
2 tbsp Sesame butter

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 5

1465 Calories • 80g Carbs (32g Fiber) • 79g Fat • 106g Protein

BREAKFAST

521 Cal • 25g Carbs (19g Fiber) • 36g Fat • 16g Protein



Matcha 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



Bacon

4 strips • 200 Cal

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

Ingredients for 4 strips:

- 4 strip Bacon

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

528 Cal • 29g Carbs (7g Fiber) • 34g Fat • 32g Protein



Keto Portobello Mushroom Pizza

1 serving • 403 Cal

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

Ingredients for 1 serving:

- 2 mushroom, whole Mushrooms
- 4 oz Sausage
- 2 tbsp Tomato sauce
- 4 tbsp, shredded Cheddar cheese



Kale Chips

1 serving • 125 Cal

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

Ingredients for 1 serving:

- 2 cup, chopped Kale
- 1/2 tbsp Olive oil
- 1/8 tsp Salt

Day 6

1506 Calories • 109g Carbs (22g Fiber) • 67g Fat • 115g Protein

BREAKFAST

511 Cal • 33g Carbs (9g Fiber) • 29g Fat • 29g 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

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

579 Cal • 51g Carbs (7g Fiber) • 30g Fat • 28g Protein

**Honey-Mustard Chicken-Sausage Kebabs**

2 serving • 579 Cal

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

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

- 1 tbsp Light mayonnaise
- 4 link Sausage
- 6 tbsp Dijon mustard
- 4 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
- 2 tbsp Honey
- 4 tbsp Reduced fat milk

Day 7

1500 Calories • 118g Carbs (32g Fiber) • 70g Fat • 97g 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

673 Cal • 76g Carbs (11g Fiber) • 30g Fat • 29g Protein

**Honey-Mustard Chicken-Sausage Kebabs**

2 serving • 579 Cal

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

Leftovers, eat 2 serving

**Apples**

1 medium (3" dia) • 95 Cal (182 g)

[Link to Full Nutrition](#)**DINNER**

506 Cal • 18g Carbs (3g Fiber) • 22g Fat • 59g 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

**Watermelon**

1 cup, diced • 46 Cal (152 g)

[Link to Full Nutrition](#)

Recipe directions

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!

Cottage Cheese with Spicy Tuna

Directions are for original recipe of 1 serving

1. Drain tuna. Mix in bowl with cottage cheese and sriracha sauce. Enjoy!

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).

Chicken Kabobs

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

Pesto Scrambled Eggs

Directions are for original recipe of 2 pan

1. Melt the butter in a skillet over medium heat.
2. Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two. A heat resistant silicone spatula works best.
3. About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
4. Once the eggs are no longer runny, they are done.
5. Serve with extra pesto.

Chicken Fajitas

Directions are for original recipe of 4 serving

1. Slice peppers, onions, and chicken breasts into long strips.
2. Heat 1½ Tbsp oil in a large pan. Cook peppers and onions on medium heat until onions begin to turn translucent. Remove from pan.
3. Add chicken strips. Cook until no longer pink, stirring frequently. Return vegetables to pan. Add seasoning mix (use the recipe in this book, or a purchased envelope) with about ½ cup of water. Cook until water is reduced.
4. Serve in warmed flour tortillas with toppings of your choice: grated cheese, sour cream, guacamole, tomatoes, salsa, etc.

Low Carb Asiago Baked Eggs

Directions are for original recipe of 2 serving

1. Preheat oven to 350°F. Using a small amount of the butter, butter two ramekins or 2 cup baking bowls. Split the remaining butter between prepared bowls.
2. Place one ramekin in the microwave for about 30 seconds on high to melt butter. Repeat with other.
3. Drop two whole eggs into each bowl. Top each with 1 tablespoon of grated cheese. Bake in oven for 15 minutes or until egg whites become white. Serve hot.

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.

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).

Scrambled eggs with vegetables

Directions are for original recipe of 4 serving

1. Scramble eggs with salt and pepper. set aside.
2. Heat pan to medium low heat. Add olive oil.
3. add all veggies to pan and saute lightly until almost soft.
4. add scrambled eggs to the pan and begin to stir eggs gently with a spatula until eggs begin to set. Remove from heat and enjoy.

Coconut Milk Protein Shake

Directions are for original recipe of 1 shake

1. Mix two scoops protein powder (preferably vanilla flavor) with 1 cup coconut milk and 2 Tbsp. of cocoa powder.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

1. Serve cauliflower pieces with tahini for dipping. Enjoy!

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.

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.

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Keto Portobello Mushroom Pizza

Directions are for original recipe of 1 serving

1. Preheat the oven to 350F.
2. Cook sausage in a skillet over medium heat until cooked through. If not using ground sausage, remove sausage from casing and break up while cooking.
3. Rinse mushrooms and wipe away any dirt. Using a knife remove the stem carefully.
4. Place mushrooms on a baking sheet and add half of the marinara, sausage, and cheese to each. Bake for 12-15 minutes (until cheese is golden). Enjoy!

Kale Chips

Directions are for original recipe of 2 serving

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!

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!

Honey-Mustard Chicken-Sausage Kebabs

Directions are for original recipe of 4 serving

1. PREPARATION: Cut each sausage into 6 pieces. Slice each bell pepper into 6 large pieces (and potentially cut each piece in half again short ways if it makes them stay on the skewers easier).
2. Whisk mustard, honey, and mayonnaise in small bowl to blend. Thread 3 sausage pieces alternatively with 3 pepper slices onto each of 8 skewers and place on baking sheet. Brush with milk; sprinkle with salt and pepper.
3. Grill skewers until vegetables are lightly charred and crisp-tender and sausage is heated through, turning occasionally and brushing with mustard mixture during last 1 or 2 minutes, about 8 minutes total.
4. Arrange skewers on platter. Brush with any remaining mustard mixture.

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.