

Your Meal Plan

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Day 1

1500 Calories • 94g Carbs (18g Fiber) • 71g Fat • 123g Protein

BREAKFAST

530 Cal • 4g Carbs (1g Fiber) • 41g Fat • 35g Protein



Scrambled Eggs with Bacon and Mushrooms

2 serving • 530 Cal

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

Ingredients for 2 serving:

4 extra large Egg

4 strip Bacon

1/2 cup diced Mushrooms

LUNCH

400 Cal • 23g Carbs (12g Fiber) • 23g Fat • 32g Protein



Paleo Avocado Tuna Salad

1 serving • 364 Cal

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

Ingredients for 1 serving:

1 fruit, without skin and seed
Avocados

1 lemon yields Lemon juice

1 tbsp chopped Onions

5 oz Tuna

1 dash Salt

1 dash Pepper



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

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

1436 Calories • 159g Carbs (24g Fiber) • 46g Fat • 98g Protein

BREAKFAST

422 Cal • 28g Carbs (11g Fiber) • 30g Fat • 12g Protein



Chia Seed Papaya Shake

1 serving • 222 Cal

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

Ingredients for 1 serving:

1 1/4 cup Almond milk

2 tbsp Chia seeds

1/2 cup, cubes Papayas



Bacon

4 strips • 200 Cal

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

Ingredients for 4 strips:

4 strip Bacon

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

444 Cal • 64g Carbs (8g Fiber) • 9g Fat • 30g Protein



Chicken Fajitas

1 serving • 234 Cal

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

Ingredients for 1 serving:

1/2 breast, bone and skin removed
Chicken breast

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

1/4 onion Onions

1/4 tsp Fajita Seasoning Mix

3/8 tbsp Canola Oil



Banana

2 banana • 210 Cal

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

Ingredients for 2 banana:

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

Day 3

1543 Calories • 135g Carbs (19g Fiber) • 58g Fat • 123g Protein

BREAKFAST

496 Cal • 55g Carbs (6g Fiber) • 20g Fat • 28g Protein



Banana Egg Pancakes

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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

4 large Egg

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

477 Cal • 13g Carbs (7g Fiber) • 31g Fat • 39g Protein



Chicken Stir Fry
1 plate • 477 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 plate (eat 1 plate now, save 1 plate for leftovers):
1 tbsp Coconut oil
1/2 fruit Avocados
2 extra large Egg
1 breast, bone and skin removed Chicken breast
1/3 tbsp Vegetable oil
0.773 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
1 cloves, minced Garlic
1/4 cup, sliced Almonds
113 grams Asparagus

Day 4

1442 Calories • 91g Carbs (21g Fiber) • 68g Fat • 120g Protein

BREAKFAST

497 Cal • 58g Carbs (10g Fiber) • 20g Fat • 26g Protein



Egg white omelet
2 omelet • 328 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
6 large Egg white
1/2 cup, chopped Onions
1/2 cup, chopped Red bell pepper
4 tsp Coconut oil
4 tbsp Almond milk



Blueberries
2 cup • 169 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Blueberries

LUNCH

477 Cal • 13g Carbs (7g Fiber) • 31g Fat • 39g Protein



Chicken Stir Fry
1 plate • 477 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 plate

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 5

1480 Calories • 109g Carbs (21g Fiber) • 61g Fat • 134g Protein

BREAKFAST

500 Cal • 40g Carbs (9g Fiber) • 26g Fat • 31g 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



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

432 Cal • 65g Carbs (12g Fiber) • 19g Fat • 10g Protein



Banana Almond Butter

4 tbsp • 407 Cal

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

Ingredients for 4 tbsp:

2 medium (7" to 7-7/8" long) Banana
2 tbsp Almond butter



Celery

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

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

DINNER

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout

2 serving • 548 Cal

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

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

1 1/2 tsp Grill Creations Smokey Mesquite Seasoning
1 1/2 tsp Salt
48 oz Trout
6 tsp Garlic

Day 6

1480 Calories • 104g Carbs (21g Fiber) • 49g Fat • 163g 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

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout

2 serving • 548 Cal

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

Leftovers, eat 2 serving

DINNER

562 Cal • 11g Carbs (5g Fiber) • 31g Fat • 61g Protein

**Easy Pan-Fried Lemon Chicken**

1 serving • 345 Cal

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

Ingredients for 1 serving:

1 breast, bone and skin removed
 Chicken breast
 1/2 tbsp Lemon juice
 1 1/2 tsp Olive oil
 1/4 tsp Sea Salt
 1/8 tsp 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 7

1535 Calories • 107g Carbs (15g Fiber) • 48g Fat • 168g Protein

BREAKFAST

417 Cal • 36g Carbs (9g Fiber) • 24g Fat • 18g 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

**Strawberries**

2 cup • 92 Cal

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

Ingredients for 2 cup:

2 cup, whole Strawberries

LUNCH

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein

**Mesquite Garlic Trout**

2 serving • 548 Cal

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

Leftovers, eat 2 serving

DINNER

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

**Chicken Kabobs**

2 serving • 570 Cal

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

Ingredients for 2 serving:

1 breast, bone and skin removed
 Chicken breast
 1/2 large (2-1/4 per lb, approx 3-3/4"
 long, Green bell pepper
 1/2 large Onions
 1/2 large (2-1/4 per pound, approx 3-
 3/4" lo Red bell pepper
 1/2 cup (8 fl oz) Barbecue sauce

Recipe directions

Scrambled Eggs with Bacon and Mushrooms

Directions are for original recipe of 1 serving

1. Crack the eggs into a bowl and beat with a fork until thoroughly combined.
2. Rinse the mushrooms and pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan and drain on paper towels.
5. Add the bacon to the pan and cook over medium-low heat until soft.
6. Add the eggs to the pan, and cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg mixture with the bacon.

Paleo Avocado Tuna Salad

Directions are for original recipe of 1 serving

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and 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).

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.

Chia Seed Papaya Shake

Directions are for original recipe of 1 serving

1. Mix all in blender until smooth.

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.

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.

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.

Chicken Stir Fry

Directions are for original recipe of 2 plate

1. In a small bowl, beat eggs with one tsp of water. Set aside.
2. Heat a large skillet over medium-high heat. Add coconut oil when pan is hot.
3. Add asparagus, red pepper, and garlic, and saute for 5 minutes, or until slightly tender.
4. Add chicken, eggs, and olives (if desired). Cook (stirring constantly) until vegetables are slightly tender, eggs are cooked, and chicken is heated through.
5. Season with sea salt (if desired), and top with almonds and avocado to serve.

Egg white omelet

Directions are for original recipe of 1 omelet

1. Dice the vegetables any way you would like (feel free to use 1/2 cup of any lean, non-starchy vegetables. The nutrition will not change very much). Lightly saute in coconut oil, then remove vegetables from the pan and set aside.
2. Whisk egg white to fluffy, then add almond milk to egg whites. Pour eggs into skillet and let bottom firm slightly.
3. Put vegetables into eggs. When partly cooked, fold egg over vegetables twice as you roll with your spatula into omelette form.
4. Done when eggs are cooked through. Plate and enjoy.

Blueberries

Directions are for original recipe of 1 cup

1. Wash 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

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Banana Almond Butter

Directions are for original recipe of 2 tbsp

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Mesquite Garlic Trout

Directions are for original recipe of 4 serving

1. Pre-heat oven or outside grill to 450 °F (220 °C).
2. Cut the head and tail off of a gutted, cleaned trout.
3. Place the minced garlic inside the open belly of the trout (add more than 4 teaspoons if preferred). Sprinkle mesquite seasoning and salt over the garlic and allow the belly to close naturally.
4. Place the trout onto a sheet of aluminum foil and wrap the foil loosely over the trout so that it is sealed, but in a tent fashion.
5. Place in the oven or grill for approximately 20 minutes.
6. Check to see if the meat flakes. Do not overcook.

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.

Easy Pan-Fried Lemon Chicken

Directions are for original recipe of 1 serving

1. Combine all ingredients into a ziplock bag.
2. Flatten chicken breasts with rolling pin or meat pounder.
3. Optional - Let the chicken marinate for 30 minutes.
4. Heat a skillet over medium-high heat and add oil.
5. Cook chicken 4-5 minutes each side, or until chicken reaches an internal temperature of 165 F.
6. Let meat rest 5 minutes before slicing.

Almond Butter & Celery

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

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.

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.