

Your Meal Plan

To make changes or re-build this plan, log in at www.EatThisMuch.com

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

1797 Calories • 142g Carbs (30g Fiber) • 67g Fat • 165g Protein

BREAKFAST

658 Cal • 47g Carbs (10g Fiber) • 20g Fat • 70g Protein



Simple Spinach Scramble
2 serving • 535 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
60 grams Spinach
80 grams Onions
42.4 grams Red bell pepper
1 1/2 cup Egg white
4 large Egg
2 dash Salt
2 dash Pepper



Oranges
2 fruit • 123 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 fruit:
2 fruit (2-5/8" dia) Oranges

LUNCH

569 Cal • 28g Carbs (15g Fiber) • 39g Fat • 38g 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



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

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



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

Day 2

1823 Calories • 156g Carbs (29g Fiber) • 64g Fat • 163g Protein

BREAKFAST

520 Cal • 60g Carbs (6g Fiber) • 13g Fat • 44g Protein



2 Ingredient Protein Pancakes
2 serving • 474 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1.905 jumbo Egg
6 egg white (separated from yolk)
Egg white
1.98 small (6" to 6-7/8" long) Banana



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

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

733 Cal • 30g Carbs (17g Fiber) • 44g Fat • 62g 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



Zucchini
2 cup • 67 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 medium Zucchini



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

Ingredients for 1 avocado:
1 fruit Avocados

Day 3

1750 Calories • 111g Carbs (39g Fiber) • 81g Fat • 154g Protein

BREAKFAST

443 Cal • 55g Carbs (21g Fiber) • 21g Fat • 11g Protein



Chia Seed Papaya Shake

2 serving • 443 Cal

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

Ingredients for 2 serving:

2 1/2 cup Almond milk

4 tbsp Chia seeds

1 cup, cubes Papayas

LUNCH

469 Cal • 43g Carbs (13g 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



Banana

1 banana • 105 Cal

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

Ingredients for 1 banana:

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

DINNER

838 Cal • 13g Carbs (5g Fiber) • 37g Fat • 111g Protein



Easy Pan-Fried Lemon Chicken

2 serving • 690 Cal

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

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

6 breast, bone and skin removed
Chicken breast

3 tbsp Lemon juice

9 tsp Olive oil

1 1/2 tsp Sea Salt

3/4 tsp Pepper



Steamed Broccoli

1 serving • 147 Cal

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

Ingredients for 1 serving:

3/8 lb Broccoli

3/4 tbsp Olive oil

1/8 tsp Lemon juice

Day 4

1848 Calories • 109g Carbs (19g Fiber) • 80g Fat • 178g 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

690 Cal • 1g Carbs (0g Fiber) • 26g Fat • 106g Protein



Easy Pan-Fried Lemon Chicken Leftovers, eat 2 serving
 2 serving • 690 Cal
[Directions](#) | [Full Recipe](#)

DINNER

661 Cal • 52g Carbs (13g Fiber) • 34g Fat • 44g Protein



Scallion Crusted Artichoke
 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



Steamed Broccoli
 2 serving • 295 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
 3/4 lb Broccoli
 1 1/2 tbsp Olive oil
 1/4 tsp Lemon juice



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

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

Day 5

1867 Calories • 124g Carbs (27g Fiber) • 78g Fat • 179g Protein

BREAKFAST

761 Cal • 97g Carbs (21g Fiber) • 43g Fat • 14g 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



Pecans
 2 ounce • 392 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
 2 oz (19 halves per) Pecans

LUNCH

690 Cal • 1g Carbs (0g Fiber) • 26g Fat • 106g Protein



Easy Pan-Fried Lemon Chicken Leftovers, eat 2 serving
 2 serving • 690 Cal
[Directions](#) | [Full Recipe](#)

DINNER

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



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

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):
 4 breast, bone and skin removed Chicken breast
 2 cup Italian dressing
 4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
 2 large Zucchini

Day 6

1841 Calories • 101g Carbs (18g Fiber) • 71g Fat • 194g 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

624 Cal • 37g Carbs (9g Fiber) • 12g Fat • 87g Protein



Easy Grilled Chicken

3 serving • 624 Cal

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

Leftovers, eat 3 serving

DINNER

721 Cal • 9g Carbs (3g Fiber) • 39g Fat • 80g Protein



7 minutes "Quick Broiled Salmon"

2 fillet • 696 Cal

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

Ingredients for 2 fillet:

1 fillet Atlantic salmon

3 tbsp Lemon juice

1 clove Garlic

1 tbsp Olive oil



Celery

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

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

Celery

Day 7

1763 Calories • 108g Carbs (34g Fiber) • 60g Fat • 196g Protein

BREAKFAST

443 Cal • 55g Carbs (21g Fiber) • 21g Fat • 11g Protein



Chia Seed Papaya Shake

2 serving • 443 Cal

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

Ingredients for 2 serving:

2 1/2 cup Almond milk

4 tbsp Chia seeds

1 cup, cubes Papayas

LUNCH

771 Cal • 49g Carbs (13g Fiber) • 23g Fat • 92g Protein



Easy Grilled Chicken

3 serving • 624 Cal

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

Leftovers, eat 3 serving



Steamed Broccoli

1 serving • 147 Cal

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

Ingredients for 1 serving:

3/8 lb Broccoli

3/4 tbsp Olive oil

1/8 tsp Lemon juice

DINNER

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



Mesquite Garlic Trout
2 serving • 548 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 tsp Grill Creations Smokey
Mesquite Seasoning
1/2 tsp Salt
16 oz Trout
2 tsp Garlic

Recipe directions

Simple Spinach Scramble

Directions are for original recipe of 1 serving

1. Clean the spinach off and throw it into a pan while still wet. Cook on medium heat and season with salt and pepper.
2. Once the spinach is wilted, add the onion and bell pepper and cook until the onions are translucent and the pepper chunks are soft.
3. Add the eggs and scramble until cooked. Top with salt and pepper. Excerpt From: Michael Matthews. The Shredded Chef. iBooks. <https://itun.es/ca/V7n-F.I>

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

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.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

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

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.

2 Ingredient Protein Pancakes

Directions are for original recipe of 1 serving

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes blended.
2. Heat a greased griddle on medium heat and pour about a 2.5 inch wide puddle of batter.
3. Delicately flip the pancake after about 25 seconds or when it browns.

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.

Zucchini

Directions are for original recipe of 4 cup

1. Wash zucchini and cut into 2 or 3 inch chunks.
2. Put through spiralizer.
3. Put in boiling salted water for about 5 minutes or until they reach the consistency you like.
4. Strain and serve.

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.

Chia Seed Papaya Shake

Directions are for original recipe of 1 serving

1. Mix all in blender until smooth.

Steamed Broccoli

Directions are for original recipe of 4 serving

1. Trim the broccoli into large florets.
2. Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
3. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
4. Remove to a platter; season with salt and pepper, olive oil, and the lemon juice.

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.

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.

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 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.

7 minutes "Quick Broiled Salmon"

Directions are for original recipe of 2 fillet

1. PREP: Cut salmon in half (or buy two 1/2 fillets)
2. 1. Preheat broiler on high and place an all stainless steel skillet or cast iron pan under the heat for about 10 minutes to get it very hot. Pan should be 5 to 7 inches from the heat source
3. while pan is heating, chop or press garlic and let sit for 5 minutes
4. Rub salmon with 2 tsp fresh lemon juice, salt, and pepper. (you can broil with skin on, just takes a minute or two longer. Skin peels off after cooking)
5. Using a hot pad, pull pan away from heat and place Salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes, depending on thickness. Test with a fork for done-ness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
6. Dress with olive oil, 1 tbsp lemon juice, garlic and salt and pepper to taste.

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.