

Your Meal Plan

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Day 1

1799 Calories • 223g Carbs (62g Fiber) • 99g Fat • 87g Protein

BREAKFAST

441 Cal • 119g Carbs (26g Fiber) • 10g Fat • 25g 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



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

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

LUNCH

767 Cal • 72g Carbs (26g Fiber) • 50g Fat • 21g Protein



Hummus pocket sandwich
1 pocket • 445 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 pocket:
3 cherry Tomatoes
1 pita, large (6-1/2" dia) Pita bread
1/2 cup Hummus
1/4 cup Alfalfa sprouts
1/2 tbsp Olive oil



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

Ingredients for 1 avocado:
1 fruit Avocados

DINNER

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein



Peanut Tofu
1 serving • 591 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving (eat 1 serving now, save 1 serving for leftovers):
6 tbsp Peanut butter
2 block Tofu
3 cloves, minced Garlic
1 tbsp Ginger root
1 tbsp Brown sugar
2 tsp Soy sauce
1 cup 1/2" pieces Green beans
10 mushroom Mushrooms

Day 2

1792 Calories • 211g Carbs (45g Fiber) • 97g Fat • 88g Protein

BREAKFAST

707 Cal • 93g Carbs (26g Fiber) • 50g Fat • 27g Protein



Oat bran and cinnamon
2 cup • 315 Cal

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

Ingredients for 2 cup:

1 1/3 cup Oat bran
1 tsp Cinnamon
4 cup Water



Pecans
2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

591 Cal • 33g Carbs (9g Fiber) • 39g Fat • 41g Protein



Peanut Tofu
1 serving • 591 Cal

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

Leftovers, eat 1 serving

DINNER

495 Cal • 86g Carbs (10g Fiber) • 9g Fat • 20g Protein



Canned Vegetable Soup with Tofu
2 cups • 272 Cal

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

Ingredients for 2 cups:

1 can (10.5 oz) Vegetarian vegetable soup
150 grams Tofu
2 tbsp Parsley



Microwaved sweet potato
2 potato • 224 Cal

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

Ingredients for 2 potato:

2 sweetpotato, 5" long Sweet potato

Day 3

1776 Calories • 179g Carbs (40g Fiber) • 90g Fat • 74g Protein

BREAKFAST

489 Cal • 49g Carbs (10g Fiber) • 20g Fat • 34g Protein



Chocolate peanut protein shake
1 shake • 489 Cal

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

Ingredients for 1 shake:

1 cup Almond milk
1 scoop Rice protein
2 tbsp Peanut butter
1 tbsp Cocoa
1 medium (7" to 7-7/8" long) Banana

LUNCH

701 Cal • 84g Carbs (16g Fiber) • 34g Fat • 24g Protein



Big PB&J Sandwich
1 sandwich • 615 Cal

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

Ingredients for 1 sandwich:

2 slice Whole-wheat bread
4 tbsp Peanut butter
2 tbsp Apricot jam



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

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



Savory chickpea salad
2 serving • 586 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
32 oz Chickpeas
10 tbsp Vegan Mayo
2 tbsp Pickle relish
2 dash Pepper
2 dash Salt
2 stalks, large (11 inches long) Celery

Day 4

1780 Calories • 198g Carbs (45g Fiber) • 84g Fat • 77g Protein

BREAKFAST

615 Cal • 92g Carbs (15g Fiber) • 24g Fat • 21g Protein



Peanut Butter & Banana Oatmeal
2 serving • 615 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 cup Oatmeal
1 cup Water
1 medium (7" to 7-7/8" long) Banana
2 1/2 tbsp Peanut butter with omega-3

LUNCH

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



Savory chickpea salad
2 serving • 586 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

579 Cal • 61g Carbs (16g Fiber) • 24g Fat • 40g Protein



Kung Pao Tempeh
1 serving • 487 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
4 oz Tempeh
1 cup Mixed vegetables
1 tsp Soy sauce
1/8 cup Peanuts
1/2 dash Salt
1/2 dash Pepper



Zucchini Spears
2 serving • 92 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
0.167 tsp Salt
1 2/3 large Zucchini

Day 5

1723 Calories • 181g Carbs (32g Fiber) • 85g Fat • 63g Protein

BREAKFAST

581 Cal • 71g Carbs (15g Fiber) • 21g Fat • 36g Protein



Chocolate peanut protein shake

1 shake • 489 Cal

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

Ingredients for 1 shake:

- 1 cup Almond milk
- 1 scoop Rice protein
- 2 tbsp Peanut butter
- 1 tbsp Cocoa
- 1 medium (7" to 7-7/8" long) Banana



Strawberries

2 cup • 92 Cal

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

Ingredients for 2 cup:

- 2 cup, whole Strawberries

LUNCH

586 Cal • 46g Carbs (14g Fiber) • 36g Fat • 15g Protein



Savory chickpea salad

2 serving • 586 Cal

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

Leftovers, eat 2 serving

DINNER

557 Cal • 64g Carbs (3g Fiber) • 28g Fat • 11g Protein



Spaghetti with olive oil and garlic sauce

1 serving • 557 Cal

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

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

- 6 oz Spaghetti
- 1/4 cup Olive oil
- 2/3 cloves, minced Garlic
- 1 tbsp Parsley
- 1/2 tsp Salt
- 1 dash Pepper

Day 6

1716 Calories • 202g Carbs (35g Fiber) • 87g Fat • 51g Protein

BREAKFAST

615 Cal • 92g Carbs (15g Fiber) • 24g Fat • 21g Protein



Peanut Butter & Banana Oatmeal

2 serving • 615 Cal

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

Ingredients for 2 serving:

- 1 cup Oatmeal
- 1 cup Water
- 1 medium (7" to 7-7/8" long) Banana
- 2 1/2 tbsp Peanut butter with omega-3

LUNCH

557 Cal • 64g Carbs (3g Fiber) • 28g Fat • 11g Protein



Spaghetti with olive oil and garlic sauce

1 serving • 557 Cal

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

Leftovers, eat 1 serving

DINNER

544 Cal • 46g Carbs (17g Fiber) • 34g Fat • 19g Protein



Savory chickpea salad
1 serving • 293 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
5 1/3 oz Chickpeas
1 2/3 tbsp Vegan Mayo
1/3 tbsp Pickle relish
1/3 dash Pepper
1/3 dash Salt
1/3 stalks, large (11 inches long)
Celery



Kale Chips
2 serving • 251 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 cup, chopped Kale
1 tbsp Olive oil
1/4 tsp Salt

Day 7

1822 Calories • 209g Carbs (45g Fiber) • 77g Fat • 96g Protein

BREAKFAST

612 Cal • 80g Carbs (16g Fiber) • 20g Fat • 37g Protein



Chocolate peanut protein shake
1 shake • 489 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:
1 cup Almond milk
1 scoop Rice protein
2 tbsp Peanut butter
1 tbsp Cocoa
1 medium (7" to 7-7/8" long) Banana



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

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

LUNCH

722 Cal • 85g Carbs (18g Fiber) • 34g Fat • 25g Protein



Hummus pocket sandwich
1 pocket • 445 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 pocket:
3 cherry Tomatoes
1 pita, large (6-1/2" dia) Pita bread
1/2 cup Hummus
1/4 cup Alfalfa sprouts
1/2 tbsp Olive oil



Granola
2 ounce • 277 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz Granola

DINNER

487 Cal • 44g Carbs (11g Fiber) • 22g Fat • 34g Protein



Kung Pao Tempeh
1 serving • 487 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
4 oz Tempeh
1 cup Mixed vegetables
1 tsp Soy sauce
1/8 cup Peanuts
1/2 dash Salt
1/2 dash Pepper

Recipe directions

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.

Apple

Directions are for original recipe of 1 apple

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

Hummus pocket sandwich

Directions are for original recipe of 4 pocket

1. Rinse cherry tomatoes and cut into halves.
2. Slice an opening at the top of each pita and spread hummus on the inside of each. Stuff with alfalfa sprouts and 6 tomato halves. Drizzle olive oil over the sandwich filling 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.

Peanut Tofu

Directions are for original recipe of 2 serving

1. Peanut sauce: In a small saucepan, heat peanut butter, soy sauce, finely chopped ginger and garlic, and brown sugar on low heat until all ingredients are mixed. Add water to desired consistency of sauce.
2. While heating the peanut sauce, heat tofu either by boiling or broiling (broiling will take longer, about 30 minutes in the oven). Also, steam cook the green beans and sliced mushrooms on the stove top in a little water for a few minutes until tender.
3. Combine tofu and peanut sauce with steamed vegetables. Enjoy!

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.

Canned Vegetable Soup with Tofu

Directions are for original recipe of 2 cups

1. Prepare soup as directed on can. Cut tofu into 1/2 inch cubes. Add to soup and bring to a boil. Serve in a bowl. Sprinkle minced parsley. Serve with crackers if desired.

Microwaved sweet potato

Directions are for original recipe of 1 potato

1. Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
2. If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

Chocolate peanut protein shake

Directions are for original recipe of 1 shake

1. Include one cup ice cubes for a better shake (or more milk/water). Add everything to a blender and blend well.

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).

Savory chickpea salad

Directions are for original recipe of 3 serving

1. Chop the celery.
2. Drain the chickpeas and place in a bowl. Mash with a potato masher (or large fork).
3. Add all of the remaining ingredients and blend.
4. Can be served as a salad with lettuce and/or crackers or as a sandwich.

Peanut Butter & Banana Oatmeal

Directions are for original recipe of 1 serving

1. Poor oats and water together in a bowl or Tupperware if you need to have your breakfast on the go. Add more or less water depending on the consistency you like.
2. Cut the banana into thin slices, and add it to the other ingredients
3. Microwave for 1-2 minutes at 800W. If you use more water, you may need to microwave longer.
4. Mix everything together, and add the peanut butter on the top of the mixture.

Kung Pao Tempeh

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

Zucchini Spears

Directions are for original recipe of 6 serving

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.

Spaghetti with olive oil and garlic sauce

Directions are for original recipe of 4 serving

1. Finely chop the garlic and parsley. Bring a large saucepan of water to a boil. Add spaghetti and cook until al dente (8-10 mins). Drain well, return to saucepan and cover.
2. In a medium frying pan over low heat, heat oil. Add garlic and cook gently 5-6 minutes. Do not let garlic brown.
3. Remove from heat, add parsley and stir. Season with salt and pepper.
4. Pour warm garlic-oil mixture over spaghetti and toss to coat. Serve.

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!

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.