

## Your Meal Plan

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Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

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### Day 1

1906 Calories • 134g Carbs (12g Fiber) • 67g Fat • 191g Protein

#### BREAKFAST

529 Cal • 29g Carbs (8g Fiber) • 39g Fat • 22g Protein



##### Zucchini Hash Browns

4 serving • 529 Cal

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

Ingredients for 4 serving:

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

#### LUNCH

688 Cal • 33g Carbs (2g Fiber) • 9g Fat • 114g Protein



##### Cottage cheese and salsa

2 serving • 688 Cal

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

Ingredients for 2 serving:

- 4 cup, (not packed) Cottage cheese
- 8 tbsp Salsa

#### DINNER

689 Cal • 72g Carbs (2g Fiber) • 19g Fat • 55g Protein



##### Barbeque Chicken

2 serving • 689 Cal

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

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

- 1.98 cup (8 fl oz) Barbecue sauce
  - 3 tbsp Butter
  - 3 tbsp Worcestershire sauce
  - 1.98 tsp Garlic powder
  - 6 half breast (fillet) Chicken breast
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# Day 2

1902 Calories • 120g Carbs (22g Fiber) • 90g Fat • 155g Protein

## BREAKFAST

590 Cal • 5g Carbs (0g Fiber) • 35g Fat • 60g Protein



### Cheese Egg White Omelette

2 omelette • 590 Cal

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

Ingredients for 2 omelette:

- 2 large Egg
- 2 dash Salt
- 1/2 cup, shredded Mozzarella cheese
- 2 dash Pepper
- 8 egg white (separated from yolk)
- Egg white
- 1 tbsp Butter

## LUNCH

689 Cal • 72g Carbs (2g Fiber) • 19g Fat • 55g Protein



### Barbeque Chicken

2 serving • 689 Cal

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

Leftovers, eat 2 serving

## DINNER

624 Cal • 44g Carbs (20g Fiber) • 36g Fat • 41g Protein



### Easy Garlic Chicken

1 serving • 225 Cal

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

Ingredients for 1 serving:

- 3/4 tbsp Butter
- 1/2 breast, bone and skin removed
- Chicken breast
- 1/2 tsp Garlic powder
- 1/4 tsp Salt
- 1/4 tsp Onion powder



### Zucchini

1 cup • 33 Cal

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

Ingredients for 1 cup:

- 1 medium Zucchini



### Artichokes

2 serving • 365 Cal

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

Ingredients for 2 serving:

- 2 artichoke, large Artichokes
- 2 tbsp Butter
- 2 cloves, minced Garlic
- 1 dash Salt
- 1 dash Pepper

## Day 3

2010 Calories • 131g Carbs (18g Fiber) • 101g Fat • 150g Protein

### BREAKFAST

725 Cal • 33g Carbs (10g Fiber) • 59g Fat • 25g Protein



#### Zucchini Hash Browns

4 serving • 529 Cal

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

#### Ingredients for 4 serving:

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



#### Pecans

1 ounce • 196 Cal

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

#### Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

### LUNCH

689 Cal • 72g Carbs (2g Fiber) • 19g Fat • 55g Protein



#### Barbeque Chicken

2 serving • 689 Cal

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

Leftovers, eat 2 serving

### DINNER

596 Cal • 25g Carbs (6g Fiber) • 23g Fat • 71g Protein



#### Caprese chicken

2 serving • 550 Cal

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

#### Ingredients for 2 serving:

1/2 tbsp Olive oil  
1/2 lb Chicken breast  
1/2 tsp Salt  
1/2 tsp Pepper  
1/8 cup Balsamic vinegar  
1 cloves, minced Garlic  
12 1/2 cherry Tomatoes  
1 tbsp, chopped Basil  
2 oz Mozzarella cheese



#### Zucchini Spears

1 serving • 46 Cal

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

#### Ingredients for 1 serving:

0.083 tsp Salt  
0.833 large Zucchini

## Day 4

1926 Calories • 116g Carbs (45g Fiber) • 81g Fat • 174g Protein

### BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



#### Match Green Tea Chia Pudding

2 serving • 641 Cal

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

#### Ingredients for 2 serving:

2 cup Almond milk  
6 tbsp Chia Seeds  
4 tsp Honey  
1 teaspoons Matcha Green Tea Mix  
2 dash Salt

**LUNCH**

618 Cal • 13g Carbs (2g Fiber) • 12g Fat • 113g Protein



All American Tuna  
2 serving • 378 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 can Tuna  
2 tbsp Light mayonnaise  
1/4 cup, diced Celery  
1 large (4" long) Pickles



Keto protein shake  
2 shake • 240 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:  
2 cup Water  
60 grams Whey protein powder

**DINNER**

667 Cal • 53g Carbs (5g Fiber) • 34g Fat • 41g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula  
2 serving • 667 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
3 tbsp Olive oil  
1 1/2 dash Salt  
4 1/2 tbsp Balsamic vinegar  
3 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper  
6 cup Arugula  
1 1/2 large Onions  
4 1/2 tbsp Honey  
685 1/2 grams Italian sausage

**Day 5**

1966 Calories • 113g Carbs (25g Fiber) • 99g Fat • 155g Protein

**BREAKFAST**

546 Cal • 5g Carbs (0g Fiber) • 40g Fat • 39g Protein



Basic scrambled eggs  
2 serving • 546 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
6 large Egg  
1 tbsp Butter  
1 tbsp chopped Chives  
1 tbsp, ground Tarragon  
1 dash Salt  
1 dash Pepper

**LUNCH**

667 Cal • 53g Carbs (5g Fiber) • 34g Fat • 41g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula  
2 serving • 667 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

**DINNER**

752 Cal • 55g Carbs (19g Fiber) • 25g Fat • 75g Protein



Scallion Crusted Artich Char  
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



Grilled Polenta Chips  
2 serving • 491 Cal  
[Directions](#) | [Full Recipe](#)

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

## Day 6

1856 Calories • 106g Carbs (44g Fiber) • 84g Fat • 154g Protein

### BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



Match Green Tea Chia Pudding  
2 serving • 641 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 cup Almond milk  
6 tbsp Chia Seeds  
4 tsp Honey  
1 teaspoons Matcha Green Tea Mix  
2 dash Salt

### LUNCH

667 Cal • 53g Carbs (5g Fiber) • 34g Fat • 41g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula  
2 serving • 667 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

### DINNER

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



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

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):  
1 tsp Grill Creations Smokey Mesquite Seasoning  
1 tsp Salt  
32 oz Trout  
4 tsp Garlic

## Day 7

2026 Calories • 129g Carbs (19g Fiber) • 60g Fat • 236g Protein

### BREAKFAST

758 Cal • 74g Carbs (0g Fiber) • 19g Fat • 71g Protein



Vanilla protein milkshake  
2 shake • 758 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:  
1 cup Vanilla ice cream  
60 grams Whey protein powder  
2 cup Reduced fat milk

### 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

**Scallion Crusted Artic Char**

2 serving • 523 Cal

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

Ingredients for 2 serving:

4 fillet Trout

1 tbsp Light mayonnaise

4 medium (4-1/8" long) Scallions

**Celery**

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

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

Celery

**Carrots**

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots

## 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.

### Cottage cheese and salsa

Directions are for original recipe of 1 serving

1. Use chunky salsa for a better texture. Mix the two together and eat.

### Barbeque Chicken

Directions are for original recipe of 2 serving

1. Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
2. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

### Cheese Egg White Omelette

Directions are for original recipe of 1 omelette

1. Whisk one whole egg with egg whites season with salt and pepper
2. heat non stick skillet to medium low heat. add butter and allow to melt.
3. when butter is melted add egg and begin to swirl pan until egg covers the entire surface. continue to swirl making sure every part of egg begins to get cooked.
4. add cheese to 1/2 of omelette and fold the other side of the omelette over and allow cheese to melt. about one minute.
5. when omelette is finished gently slide onto plate.

### **Easy Garlic Chicken**

Directions are for original recipe of 4 serving

1. Melt butter 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.

### **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.

### **Artichokes**

Directions are for original recipe of 2 serving

1. Fill the pan with just enough water to cover bottom. Bring to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
2. When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.

### **Caprese chicken**

Directions are for original recipe of 4 serving

1. In a large skillet over medium-high heat, heat oil.
2. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.
3. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.
4. Stir in basil.
5. Return chicken to skillet and nestle in tomatoes. Top with a slice of mozzarella and cover with lid to melt cheese.
6. Spoon tomatoes over chicken and serve.
7. Serve on top of pasta or rice for complete meal.

### **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.

### **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.

### **All American Tuna**

Directions are for original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice

### **Keto protein shake**

Directions are for original recipe of 1 shake

1. Stir the whey into the water and drink. Ideally use flavored whey, but if you only have unflavored, add in a tiny bit of sweetener and cocoa powder to make it more palatable (both have a negligible amount of carbs).

### **Grilled Italian Sausage with Peppers, Onions and Arugula**

Directions are for original recipe of 4 serving

1. Preheat the grill. Mix together the balsamic vinegar and honey in a small bowl and set aside.
2. Coat the onion, peppers and sausages with 2 tbsp. olive oil. Add a dash of salt to the peppers and onion. Coat the grill grates with a little olive oil. Put the onion wedges on the grill and cover the grill. Let the onions roast for 5 minutes, or until they are a little charred. Turn the onions and move them to a cooler part of the grill to finish.
3. If your grill has two levels, place the sausages on the top part of the grill and the peppers directly below them. Done this way, as the sausages drip juice and fat, it will fall on the peppers, flavoring them while simultaneously preventing flare-ups. If your grill does not have two levels, put the peppers on the hottest part of the grill and the sausages on the coolest. Cover and grill everything for 15 to 20 minutes or so, periodically checking and turning the sausages and peppers as needed. Towards the end of cooking, baste the sausages, peppers and onions with the honey and balsamic mixture.
4. When the sausages are cooked through and the peppers and onions cooked, remove them from the grill to a sheet pan or large bowl. If you want, pick off some or all of the charred skin on the peppers. Cut the peppers into long strips, and slice the root end off the onions to separate the pieces. Cut the sausages into thirds. Mix everything well in the pan or bowl.
5. To serve, place a bed of baby arugula on the serving plates and top with the sausage, peppers and onion.

### **Basic scrambled eggs**

Directions are for original recipe of 2 serving

1. 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.
2. 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.
3. 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.



### **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.

### **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!

### **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.

### **Vanilla protein milkshake**

Directions are for original recipe of 1 shake

1. Mix in blender.

### **Celery**

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

### **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).