

Your Meal Plan

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Day 1

1927 Calories • 127g Carbs (36g Fiber) • 105g Fat • 129g Protein

BREAKFAST

577 Cal • 52g Carbs (9g Fiber) • 30g Fat • 29g Protein



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

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



Apple
2 apple • 189 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 apple:
2 medium (3" dia) Apples

LUNCH

598 Cal • 52g Carbs (20g Fiber) • 28g Fat • 38g Protein



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



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

Ingredients for 2 cup:
2 cup Baby carrots



Easy Garlic Chicken
1 serving • 208 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Olive oil
1/2 breast, bone and skin removed Chicken breast
1/2 tsp Garlic powder
1/4 tsp Salt
1/4 tsp Onion powder

DINNER

752 Cal • 23g Carbs (7g Fiber) • 47g Fat • 62g Protein



Basic chicken salad
2 serving • 585 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
12 tbsp Light mayonnaise
3/8 tsp Pepper
3/4 cup, slivered Almonds
1 1/2 tbsp Celery
1 1/2 tbsp Lemon juice
6 half breast (fillet) Chicken breast



Garlic green beans
1 serving • 167 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tsp Garlic powder
1 tbsp Olive oil
1 3/8 cup 1/2" pieces Green beans

Day 2

1970 Calories • 151g Carbs (39g Fiber) • 109g Fat • 118g Protein

BREAKFAST

665 Cal • 98g Carbs (13g Fiber) • 21g Fat • 30g 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



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

Ingredients for 2 cup:
2 cup Blueberries

LUNCH

585 Cal • 12g Carbs (4g Fiber) • 33g Fat • 59g Protein



Basic chicken salad
2 serving • 585 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

720 Cal • 41g Carbs (22g Fiber) • 55g Fat • 29g Protein



Egg avocado
1 whole • 465 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 whole:
2 large Egg
1 fruit Avocados



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

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



Almonds
1 ounce • 164 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 ounce:
1 oz (23 whole kernels) Almonds

Day 3

2002 Calories • 128g Carbs (24g Fiber) • 111g Fat • 139g Protein

BREAKFAST

955 Cal • 90g Carbs (20g Fiber) • 67g Fat • 18g Protein



Pumpkin Coconut Paleo Smoothie

2 serving • 832 Cal

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

Ingredients for 2 serving:

- 1 cup Pumpkin
- 1 cup Coconut milk
- 1 medium (7" to 7-7/8" long) Banana
- 2 tbsp Almond butter
- 1/4 tsp Cinnamon



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

585 Cal • 12g Carbs (4g Fiber) • 33g Fat • 59g Protein



Basic chicken salad

2 serving • 585 Cal

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

Leftovers, eat 2 serving

DINNER

462 Cal • 25g Carbs (0g Fiber) • 11g Fat • 62g Protein



Easy Grilled Chicken Teriyaki

2 serving • 462 Cal

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

Ingredients for 5 serving (eat 2 serving now, save 3 serving for leftovers):

- 2 1/2 breast, bone and skin removed Chicken breast
- 1 1/4 cup Teriyaki sauce
- 0.313 cup Lemon juice
- 2 1/2 tsp Garlic
- 2 1/2 tsp Sesame oil

Day 4

1960 Calories • 128g Carbs (35g Fiber) • 90g Fat • 169g Protein

BREAKFAST

474 Cal • 48g Carbs (5g Fiber) • 12g Fat • 43g 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

LUNCH

693 Cal • 38g Carbs (0g Fiber) • 16g Fat • 93g Protein



Easy Grilled Chicken Teriyaki

3 serving • 693 Cal

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

Leftovers, eat 3 serving

DINNER

793 Cal • 41g Carbs (30g Fiber) • 61g Fat • 32g Protein



Easy Avocado with Shrimp
2 serving • 767 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
6 oz Shrimp
2 wedge yields Lemon juice
2 dash Pepper
2 dash Salt
2 fruit Avocados



Celery
4 stalks • 26 Cal
[Directions](#) | [Full Recipe](#)

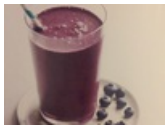
Ingredients for 4 stalks:
4 stalk, medium (7-1/2" - 8" long)
Celery

Day 5

2050 Calories • 150g Carbs (30g Fiber) • 120g Fat • 117g Protein

BREAKFAST

528 Cal • 38g Carbs (9g Fiber) • 44g Fat • 5g Protein



Powerball Smoothie
1 serving • 528 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 medium (7" to 7-7/8" long)
Banana
3/4 cup Coconut milk
1/2 tsp Cocoa
3/4 cup, unthawed Blueberries,
frozen

LUNCH

619 Cal • 78g Carbs (13g Fiber) • 33g Fat • 16g Protein



Grapes
2 cup • 208 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Grapes



Cauliflower and Tahini
2 serving • 411 Cal
[Directions](#) | [Full Recipe](#)

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

DINNER

903 Cal • 34g Carbs (9g Fiber) • 43g Fat • 95g Protein



Citrus Broiled Alaska Salmon
2 serving • 736 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2
serving now, save 4 serving for
leftovers):
3 large (3-1/16" dia) Oranges
48 oz Atlantic salmon
1 1/2 tsp Red wine vinegar
3/8 cup chopped Onions
1 1/2 tsp Pepper



Garlic green beans
1 serving • 167 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tsp Garlic powder
1 tbsp Olive oil
1 3/8 cup 1/2" pieces Green beans

Day 6

2073 Calories • 120g Carbs (25g Fiber) • 104g Fat • 170g Protein

BREAKFAST

636 Cal • 10g Carbs (6g Fiber) • 61g Fat • 19g Protein



Pesto Scrambled Eggs

1 pan • 244 Cal

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

Ingredients for 1 pan:

1/2 tbsp Olive oil

2 large Egg

1/2 tbsp Basil Pesto



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



Citrus Broiled Alaska Salmon

2 serving • 736 Cal

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

Leftovers, eat 2 serving

DINNER

701 Cal • 88g Carbs (14g Fiber) • 15g Fat • 59g Protein



Peachy Keen Chicken

2 serving • 418 Cal

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

Ingredients for 2 serving:

1 cup, halves or slices Peaches

1/4 tbsp Honey

2 half breast (fillet) Chicken breast

1/2 tbsp Olive oil

1/2 dash Pepper

1/2 dash Salt



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



Banana

2 banana • 210 Cal

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

Ingredients for 2 banana:

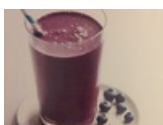
2 medium (7" to 7-7/8" long) Banana

Day 7

2065 Calories • 93g Carbs (25g Fiber) • 112g Fat • 186g Protein

BREAKFAST

528 Cal • 38g Carbs (9g Fiber) • 44g Fat • 5g Protein



Powerball Smoothie

1 serving • 528 Cal

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

Ingredients for 1 serving:

1/2 medium (7" to 7-7/8" long) Banana

3/4 cup Coconut milk

1/2 tsp Cocoa

3/4 cup, unfrozen Blueberries, frozen

LUNCH

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



Citrus Broiled Alaska Salmon
2 serving • 736 Cal

Leftovers, eat 2 serving

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

DINNER

801 Cal • 32g Carbs (11g Fiber) • 39g Fat • 88g Protein



Paleo Chicken Spinach
Meatballs

2 serving • 801 Cal

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

Ingredients for 2 serving:

16 oz crumbled Ground chicken

1 package (10 oz) yields Spinach

1 tsp Curry powder

1 cup, crushed, sliced, or chunks
Pineapple

1 dash Salt

1 dash Pepper

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!

Apple

Directions are for original recipe of 1 apple

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

Almond Butter & Celery

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

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).

Easy Garlic Chicken

Directions are for original recipe of 4 serving

1. Pour olive oil (or your preferred oil, like coconut oil) 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.

Basic chicken salad

Directions are for original recipe of 4 serving

1. Cook chicken breasts to preference, either pan fried (8 minutes a side on medium-high heat) or baked (400F for 20 minutes) until there's no pink in the middle. Chop chicken breast into pieces.
2. Optionally roast almonds in a frying pan. Chop celery. In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery.

Garlic green beans

Directions are for original recipe of 2 serving

1. If using frozen green beans (I like the french cut ones), boil water, add green beans for 8-10 minutes, drain, add garlic and oil and stir.
2. If using canned green beans, heat green beans in saucepan with garlic powder and oil.

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.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

Egg avocado

Directions are for original recipe of 1 whole

1. Halve the avocado, crack an egg into a bowl and scoop the yolk into a half. Put another egg yolk in the other half. Scoop in any egg white you can get in there. Bake in the oven at 425 F for 15-20 minutes

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.

Pumpkin Coconut Paleo Smoothie

Directions are for original recipe of 2 serving

1. Place all ingredients in the blender with 2-3 ice cubes and blend until smooth. (Do not need to use ice if using a frozen banana.)

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Easy Grilled Chicken Teriyaki

Directions are for original recipe of 4 serving

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

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 Avocado with Shrimp

Directions are for original recipe of 1 serving

1. Bring a pot of water to boil over high heat. Boil shrimp until pink and opaque, 2-4 minutes. Drain, and run under cold water in a colander to stop cooking. Peel shrimp if shelled and roughly chop into pieces.
2. Cut avocado in half and remove pit. Scoop out insides of avocado and chop into cubes. Stir avocado and shrimp together, then stuff back into avocado shells. Top with a squeeze of lemon, and a dash of salt and pepper. Serve.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Powerball Smoothie

Directions are for original recipe of 1 serving

1. Place all of the ingredients into a 16 fl oz or larger blender in the order listed and blend until smooth.

Grapes

Directions are for original recipe of 1 cup

1. Wash and enjoy.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

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

Citrus Broiled Alaska Salmon

Directions are for original recipe of 8 serving

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil 1 minute longer.

Pesto Scrambled Eggs

Directions are for original recipe of 2 pan

1. Pour olive oil (or coconut oil) into 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.

Peachy Keen Chicken

Directions are for original recipe of 4 serving

1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
2. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

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).

Paleo Chicken Spinach Meatballs

Directions are for original recipe of 2 serving

1. Preheat oven to 375 degrees. Line a large baking sheet with nonstick foil and set aside.
2. Press pineapple in sieve to remove excess juice. Place in large bowl. Cook and drain spinach, squeezing out extra moisture and add to pineapple. Add ground chicken, curry powder, salt and pepper. Mix well using hands.
3. Roll meat mixture into 1 1/2 Tbsp sized balls. Place on prepared baking sheet. Bake in preheated oven for 12-15 minutes or until fully cooked.