

Your Meal Plan

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Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#) [Day 8](#)

If these links don't work, scroll to the bottom to make sure the whole email is loaded.

Day 1

1963 Calories • 175g Carbs (37g Fiber) • 96g Fat • 118g Protein

BREAKFAST

640 Cal • 52g Carbs (9g Fiber) • 33g Fat • 37g Protein



Oatmeal Cottage Cheese
Pancakes

1 serving • 306 Cal

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

Ingredients for 1 serving:

1/2 cup Oatmeal

1/2 cup, (not packed) Cottage
cheese

1 tsp Vanilla extract

4 large Egg white



Buttered Toast

1 slice • 138 Cal

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

Ingredients for 1 slice:

1 slice Whole-wheat bread

2 tsp Butter



Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans

LUNCH

643 Cal • 67g Carbs (10g Fiber) • 24g Fat • 46g Protein



Ice-Blended Coffee & Peanut
Butter Protein Shake

1 Shake • 504 Cal

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

Ingredients for 1 Shake:

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

1 1/4 cup Reduced fat milk

20 grams Peanut butter

1 packet Coffee

30 grams Whey protein powder



Red Bell Pepper and Hummus

1 serving • 139 Cal

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

Ingredients for 1 serving:

1/4 cup Hummus

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

DINNER

679 Cal • 57g Carbs (18g Fiber) • 39g Fat • 35g Protein



Lentils with Veggies, Avocado, Walnuts & Hummus

1 serving • 532 Cal

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

Ingredients for 1 serving:

- 1/4 cup Lentils
- 1 tbsp Olive oil
- 1 1/2 cloves, minced Garlic
- 3 spear, medium (5-1/4" to 7" long) Asparagus
- 3 cup Spinach
- 1/4 fruit Avocados
- 1 tbsp Hummus
- 1 tsp Sriracha Sauce
- 1/8 cup, chopped Walnuts
- 1/2 dash Salt
- 1/2 dash Pepper



Sea Salt Edamame

1 serving • 147 Cal

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

Ingredients for 1 serving:

- 1 dash Salt
- 100 grams Soybeans

Day 2

2010 Calories • 146g Carbs (30g Fiber) • 95g Fat • 155g Protein

BREAKFAST

699 Cal • 43g Carbs (5g Fiber) • 6g Fat • 117g Protein



Blueberry protein pudding

2 serving • 699 Cal

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

Ingredients for 2 serving:

- 7 oz Nonfat greek yogurt
- 4 scoop (30g) Whey protein powder
- 7.055 oz Blueberries, frozen

LUNCH

622 Cal • 34g Carbs (20g Fiber) • 53g Fat • 14g Protein



Cool Summer Cucumber and Tomato Toss

1 serving • 92 Cal

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

Ingredients for 1 serving:

- 1/4 large (8-1/4" long) Cucumber
- 1/2 large whole (3" dia) Tomatoes
- 1/2 tbsp Balsamic vinegar
- 1/2 tbsp Olive oil
- 1/4 dash Salt
- 1/4 dash Pepper



Peanut Butter & Celery

1 serving • 209 Cal

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

Ingredients for 1 serving:

- 2 tbsp Peanut butter
- 2 stalks, large (11 inches long) Celery



Avocado

1 avocado • 322 Cal

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

Ingredients for 1 avocado:

- 1 fruit Avocados

DINNER

689 Cal • 68g Carbs (5g Fiber) • 36g Fat • 24g Protein



Peach Pesto and Mozzarella Quesadilla

2 serving • 689 Cal

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

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

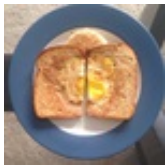
- 5 tortilla (approx 7-8" dia) Tortillas
- 5 tbsp Basil Pesto
- 2 1/2 medium (2-2/3" dia) Peaches
- 5 oz Mozzarella cheese
- 1 1/4 tbsp Vegetable oil

Day 3

1959 Calories • 166g Carbs (30g Fiber) • 87g Fat • 139g Protein

BREAKFAST

581 Cal • 57g Carbs (5g Fiber) • 14g Fat • 60g Protein



Egg in a Basket

1 slice • 193 Cal

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

Ingredients for 1 slice:

- 1 large Egg
- 1/2 dash Salt
- 1/2 dash Pepper
- 1/2 tbsp Butter
- 1 slice Whole-wheat bread



Nonfat greek yogurt

2 cup • 283 Cal

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

Ingredients for 2 cup:

- 2 cup Nonfat greek yogurt



Banana

1 medium (7" to 7-7/8" long) • 105 Cal (118 g)

[Link to Full Nutrition](#)

LUNCH

548 Cal • 52g Carbs (6g Fiber) • 32g Fat • 15g Protein



Peach Pesto and Mozzarella Quesadilla

1 serving • 344 Cal

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

Leftovers, eat 1 serving



Balsamic Sautéed Spinach

1 serving • 162 Cal

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

Ingredients for 1 serving:

- 1 tbsp Olive oil
- 2 cup Spinach
- 2 tbsp Balsamic vinegar
- 1 dash Salt
- 1 dash Pepper



Kiwi fruit

1 fruit (2" dia) • 42 Cal (69 g)

[Link to Full Nutrition](#)

DINNER

829 Cal • 57g Carbs (20g Fiber) • 42g Fat • 65g Protein



Egg avocado

1 whole • 465 Cal

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

Ingredients for 1 whole:

- 2 large Egg
- 1 fruit Avocados



Yogurt & Strawberries
2 serving • 365 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
2 cup, halves Strawberries

Day 4

2002 Calories • 181g Carbs (42g Fiber) • 91g Fat • 121g Protein

BREAKFAST

636 Cal • 16g Carbs (3g Fiber) • 36g Fat • 61g 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



Strawberries
1 cup • 46 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup, whole Strawberries

LUNCH

689 Cal • 68g Carbs (5g Fiber) • 36g Fat • 24g Protein



Peach Pesto and Mozzarella
Quesadilla
2 serving • 689 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

677 Cal • 97g Carbs (34g Fiber) • 20g Fat • 36g Protein



Vegan Chickpea Salad
2 serving • 677 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
48 oz Chickpeas
9 medium Carrots
6 stalk, medium (7-1/2" - 8" long) Celery
3/4 medium (2-1/2" dia) Onions
6 tbsp, drained Capers
6 tbsp Nutritional Yeast
3 tbsp Sesame butter
3 tbsp Dijon mustard
3 tsp Vinegar
3 dash Salt
6 leaf outer Lettuce

Day 5

1947 Calories • 231g Carbs (51g Fiber) • 82g Fat • 93g Protein

BREAKFAST

456 Cal • 60g Carbs (8g Fiber) • 11g Fat • 34g Protein



Oatmeal and peaches

1 bowl • 176 Cal

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

Ingredients for 1 bowl:

1/2 cup Water

1/2 cup slices Peaches

1/2 cup Oatmeal

1 tsp brownulated Brown sugar



Nonfat greek yogurt

1 cup • 142 Cal

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

Ingredients for 1 cup:

1 cup Nonfat greek yogurt



Buttered Toast

1 slice • 138 Cal

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

Ingredients for 1 slice:

1 slice Whole-wheat bread

2 tsp Butter

LUNCH

751 Cal • 116g Carbs (36g Fiber) • 20g Fat • 37g Protein



Vegan Chickpea Salad

2 serving • 677 Cal

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

Leftovers, eat 2 serving



Fruit salad

1 cup • 74 Cal (245 g)

[Link to Full Nutrition](#)

DINNER

741 Cal • 55g Carbs (8g Fiber) • 51g Fat • 22g Protein



Hot Peanut Butter and Banana Sandwich

1 serving • 626 Cal

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

Ingredients for 1 serving:

2 tbsp Peanut butter

2 slice Whole-wheat bread

1 small (6" to 6-7/8" long) Banana

2 tbsp Butter



Cheese slices

1 serving • 115 Cal

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

Ingredients for 1 serving:

1 oz Cheddar cheese

Day 6

2005 Calories • 197g Carbs (53g Fiber) • 89g Fat • 124g Protein

BREAKFAST

845 Cal • 57g Carbs (9g Fiber) • 44g Fat • 65g Protein



Blueberry protein pudding
1 serving • 350 Cal

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

Ingredients for 1 serving:

3 1/2 oz Nonfat greek yogurt
2 scoop (30g) Whey protein powder
3.527 oz Blueberries, frozen



Pecans
2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans



Grapes
1 cup • 104 Cal (151 g)

[Link to Full Nutrition](#)

LUNCH

677 Cal • 97g Carbs (34g Fiber) • 20g Fat • 36g Protein



Vegan Chickpea Salad
2 serving • 677 Cal

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

Leftovers, eat 2 serving

DINNER

482 Cal • 43g Carbs (10g Fiber) • 25g Fat • 23g Protein



Mexican Casserole
1 serving • 401 Cal

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

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):

0.563 medium (2-1/2" dia) Onions
1 1/2 cup, shredded Cheddar cheese
3/4 cup Salsa
3/4 can Refried beans
3 tortilla Tortillas



Cold Green Bean Salad
1 serving • 81 Cal

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

Ingredients for 1 serving:

1/4 can (303 x 406) Green beans
1/8 medium (2-1/2" dia) Onions
1/4 cup Italian dressing

Day 7

1967 Calories • 204g Carbs (26g Fiber) • 89g Fat • 103g Protein

BREAKFAST

670 Cal • 69g Carbs (9g Fiber) • 20g Fat • 61g Protein



Oatmeal Banana Peanut Butter
Chocolate Shake
1 shake • 670 Cal

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

Ingredients for 1 shake:

60 grams Whey protein powder
1 medium (7" to 7-7/8" long) Banana
1/2 cup Oatmeal
2 tbsp Peanut butter
2 cup Water

LUNCH

551 Cal • 41g Carbs (10g Fiber) • 33g Fat • 25g Protein



Mexican Casserole
1 serving • 401 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving



Cesar Salad Kit
1/2 cups • 150 Cal (99 g)
[Link to Full Nutrition](#)

DINNER

746 Cal • 94g Carbs (6g Fiber) • 36g Fat • 16g Protein



Spaghetti with olive oil and garlic sauce
1 serving • 557 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
3 oz Spaghetti
1/8 cup Olive oil
1/3 cloves, minced Garlic
1/2 tbsp Parsley
1/4 tsp Salt
1/2 dash Pepper



Fried Corn and Onions
1 serving • 190 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 ear, large (7-3/4" to 9" long) yields Corn
1/2 tbsp Butter
1/4 cup, chopped Onions
1/4 dash Salt
1/4 dash Pepper

Day 8

2006 Calories • 181g Carbs (27g Fiber) • 99g Fat • 102g Protein

BREAKFAST

558 Cal • 62g Carbs (8g Fiber) • 20g Fat • 36g Protein



Peach and Blueberry Parfait
1 serving • 420 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup Nonfat greek yogurt
1/3 cup Granola
1 medium (2-2/3" dia) Peaches
1/4 cup Blueberries



Buttered Toast
1 slice • 138 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 slice:
1 slice Whole-wheat bread
2 tsp Butter

LUNCH

401 Cal • 33g Carbs (8g Fiber) • 21g Fat • 22g Protein



Mexican Casserole
1 serving • 401 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

1046 Cal • 86g Carbs (10g Fiber) • 58g Fat • 44g Protein



Sweet Grilled Cheese
2 serving • 943 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 tsp Butter
4 slice Whole-wheat bread
4 slice (1 oz) Cheddar cheese
4 tsp packed Brown sugar



Salt & Vinegar Popcorn

1 serving • 104 Cal

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

Ingredients for 1 serving:

3 cup Popcorn

1/4 cup Vinegar

1 tsp Salt

Recipe directions

Oatmeal Cottage Cheese Pancakes

Directions are for original recipe of 1 serving

1. Blend all ingredients in blender.
2. Spray skillet with cooking spray and cook just like "silver dollar" pancakes, a few small ones at a time.
3. Top with your favorite pancake topping!

Buttered Toast

Directions are for original recipe of 2 slice

1. Use a toaster to toast the bread to desired darkness. Spread butter or margarine onto one side of each slice, and enjoy while hot!

Ice-Blended Coffee & Peanut Butter Protein Shake

Directions are for original recipe of 1 Shake

1. For best results slice and freeze the banana overnight to provide an extra thickening-agent.
2. Pour the milk into a long (important!) glass/shaker/blender, add the sliced banana and 5 ice cubes. Using either a hand-blender or a stand-up blender - blitz the milk, banana and ice mixture for 2 seconds and then stir.
3. Add the peanut butter, instant coffee powder, and whey-protein to the glass/shaker/blender. Again, using a hand-blender or stand-up blender - blitz the mixture until the desired consistency is achieved. For a thicker shake use more frozen banana or protein powder.

Red Bell Pepper and Hummus

Directions are for original recipe of 1 serving

1. Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.

Lentils with Veggies, Avocado, Walnuts & Hummus

Directions are for original recipe of 2 serving

1. Cook the lentils in boiling water until tender, but not broken, 20 to 25 minutes. (if you can't find French lentils and are using regular green lentils, the timing may be shorter. Start checking at the 15-minute mark.)
2. Heat the oil in a large sauté pan over medium-high. Chop asparagus into pieces and add to pan. Sauté until slightly tender, 3 minutes. Add the garlic; bloom 30 seconds. Add the spinach and sauté until wilted, 2 minutes. Add a small splash of water if needed. Season with a little salt and pepper.
3. Serve lentils with sautéed veggies, topped with avocado slices, a dollop of hummus and a little sriracha. Add chopped walnuts and enjoy!

Sea Salt Edamame

Directions are for original recipe of 1 serving

1. Cook edamame in microwave, about 2 minutes.
2. Sprinkle salt over.
3. Just eat the beans, not the pods.

Blueberry protein pudding

Directions are for original recipe of 1 serving

1. Blend ingredients in a mixer until mixture is thick enough to stay on a spoon.

Cool Summer Cucumber and Tomato Toss

Directions are for original recipe of 4 serving

1. Place cucumber and tomatoes in a bowl. Pour in olive oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.

Peanut Butter & Celery

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and enjoy!

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.

Peach Pesto and Mozzarella Quesadilla

Directions are for original recipe of 4 serving

1. Preheat the skillet on stovetop to medium heat. Pour a little of the oil into the pan. Spread the pesto evenly on one side of the tortilla. Slice peaches and mozzarella thin and add them on top of the pesto. Top each with remaining tortilla and press together.
2. Place quesadillas in pan (one at a time if cooking more than one). Cook for 6-8 minutes, carefully flipping once halfway thorough until cheese is melted. Remove from grill and cut the quesadillas into quarters. Serve immediately.

Egg in a Basket

Directions are for original recipe of 2 slice

1. Using a biscuit cutter or a glass, cut a hole in the center of each slices of bread.
2. Melt the butter in a non stick skillet over medium low heat, add the slices of bread (with the hole in the center) and crack an egg right in the center.
3. Season the egg lightly with salt and pepper and let it cook for 1 to 2 minutes on each side. Make sure you also add the pieces of the bread that you have cut out, place them in the skillet along with the eggs in a basket and cook that for the same amount of time.

Nonfat greek yogurt

Directions are for original recipe of 1 cup

1. Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

Balsamic Sautéed Spinach

Directions are for original recipe of 1 serving

1. Heat olive oil in a pan over medium-high heat.
2. Cook spinach in olive oil and add balsamic vinegar, salt, and pepper.
3. Let spinach heat through and cook until slightly wilted. Remove from heat 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

Yogurt & Strawberries

Directions are for original recipe of 1 serving

1. Mixed sliced strawberries with yogurt and enjoy!

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.

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.

Vegan Chickpea Salad

Directions are for original recipe of 2 serving

1. In a food processor process each vegetable separately- carrots, celery and onion. Set aside in a medium size bowl. Now add chickpeas, nutritional yeast, tahini (sesame butter), mustard, and apple cider vinegar into the food processor. Process but *be sure to leave it a little chunky making sure it's not completely smooth*. Add chickpea mixture to vegetables. Stir together, add in capers and stir again. Serve wrapped in a lettuce leaf. Store in air tight container in the refrigerator if you have leftovers.

Oatmeal and peaches

Directions are for original recipe of 1 bowl

1. Puree the peaches. Mix together with water and oats. Optionally, use milk instead of water for a creamier taste.
2. Microwave for 45 seconds, stir, then microwave for 30 more seconds. Sprinkle with brown sugar and eat.

Hot Peanut Butter and Banana Sandwich

Directions are for original recipe of 1 serving

1. PREPARATION: Mash ripe banana with fork.
2. Spread peanut butter evenly on 1 slice of bread, then spread mashed banana on other slice, leaving a 1/4-inch border around edge. Close sandwich, gently pressing bread slices together.
3. Heat butter in an 8- to 10-inch heavy skillet over moderate heat until foam subsides, then fry sandwich, turning over once, until golden brown, about 2 minutes total.
4. Eat immediately with a knife and fork.

Cheese slices

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

Mexican Casserole

Directions are for original recipe of 4 serving

1. Dice onion
2. Preheat oven to 375 degrees F (190 degrees C). Spray a 9-inch pie pan with non-stick cooking spray.
3. In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes.
4. Place one tortilla in the bottom of the greased pan. Spread about 1/3 cup of the bean mixture over it. Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese!
5. Bake until the cheese is melted, approximately 15 to 20 minutes.

Cold Green Bean Salad

Directions are for original recipe of 8 serving

1. Place beans in a serving dish. Toss with onions and salad dressing. Cover with plastic wrap, and chill for 1 hour.

Oatmeal Banana Peanut Butter Chocolate Shake

Directions are for original recipe of 1 shake

1. Put all ingredients into blender. Blend until smooth. Use unsweetened almond milk (30 calories, 1g carbohydrate, 1g protein, 0g fat per cup) in place of water if you prefer a creamier shake.

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.

Fried Corn and Onions

Directions are for original recipe of 4 serving

1. Cut corn kernels from cob. Melt butter in a medium skillet over medium heat. Saute corn kernels just until tender, then mix in onion. Continue to saute until onion is just beginning to turn crispy. Season with salt and pepper. Enjoy warm or cold.

Peach and Blueberry Parfait

Directions are for original recipe of 1 serving

1. Layer half the Greek yogurt on the bottom of a desert glass. Top with half the granola, half of the peach slices and half of the blueberries. Create one more layer of yogurt, granola, peaches and blueberries.
2. Serve immediately and enjoy!

Sweet Grilled Cheese

Directions are for original recipe of 1 serving

1. Heat a skillet over medium heat. Spread butter onto one side of a piece of bread and place butter side down in the skillet. Place one piece of cheese on top of the bread, then sprinkle with brown sugar. Top with the other slice of cheese. Butter the other slice of bread and place on top with the butter side up. Fry on each side until golden brown, 3 to 5 minutes per side.

Salt & Vinegar Popcorn

Directions are for original recipe of 1 serving

1. Air-pop popcorn. Put malt vinegar into a clean spray bottle and spritz all over popcorn. Finish with a dash of salt and serve!