

Your Meal Plan

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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

3024 Calories • 251g Carbs (21g Fiber) • 103g Fat • 275g 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

1131 Cal • 61g Carbs (14g Fiber) • 49g Fat • 116g Protein



Coconut Milk Protein Shake
2 shake • 720 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:
120 grams Whey protein powder
2 cup Pure Coconut Milk
4 tbsp Cocoa



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

1135 Cal • 115g Carbs (6g Fiber) • 36g Fat • 87g Protein



Barbeque Chicken
3 serving • 1033 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 3 serving now, save 3 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



Spinach Recipe
1 serving • 102 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Olive oil
3/4 clove Garlic
1/4 dash Salt
1/2 bunch Spinach

Day 2

3005 Calories • 190g Carbs (21g Fiber) • 147g Fat • 228g Protein

BREAKFAST

890 Cal • 3g Carbs (0g Fiber) • 80g Fat • 39g Protein



Gordon Ramsay's Scrambled Eggs

2 serving • 890 Cal

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

Ingredients for 2 serving:

6 large Egg

1 tbsp Creme fraiche

4 tbsp Butter

LUNCH

1197 Cal • 114g Carbs (6g Fiber) • 42g Fat • 88g Protein



Barbeque Chicken

3 serving • 1033 Cal

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

Leftovers, eat 3 serving



Almonds

1 ounce • 164 Cal

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

Ingredients for 1 ounce:

1 oz (23 whole kernels) Almonds

DINNER

918 Cal • 73g Carbs (15g Fiber) • 24g Fat • 101g 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



Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots



Basic protein shake

2 cup • 484 Cal

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

Ingredients for 2 cup:

60 grams Whey protein powder

2 cup Reduced fat milk

Day 3

3062 Calories • 186g Carbs (34g Fiber) • 163g Fat • 224g Protein

BREAKFAST

1023 Cal • 66g Carbs (19g Fiber) • 58g Fat • 58g Protein



Vegetable 3 Egg Scramble

2 serving • 1023 Cal

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

Ingredients for 2 serving:

2 tbsp Butter

2 cup Mixed vegetables

6 extra large Egg

1/4 tsp Salt

4 tbsp Tomato sauce

LUNCH

783 Cal • 58g Carbs (7g Fiber) • 10g 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



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

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

DINNER

1257 Cal • 61g Carbs (9g Fiber) • 96g Fat • 51g Protein



Broccoli Quiche
3 slice • 1157 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 9 slice (eat 3 slice now, save 6 slice for leftovers):
9 cup chopped Broccoli
13 1/2 extra large Egg
3 3/8 cup Coconut milk
2 1/4 tbsp Butter
0.563 tsp Nutmeg
0.563 tsp Pepper
0.563 cup Parmesan cheese



Tomato soup
1 cup • 100 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1/2 can (10.7 oz) Tomato soup
1/2 cup Water

Day 4

2942 Calories • 188g Carbs (34g Fiber) • 151g Fat • 218g 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

1243 Cal • 58g Carbs (14g Fiber) • 95g Fat • 51g Protein



Broccoli Quiche
3 slice • 1157 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 slice



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

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

941 Cal • 55g Carbs (19g Fiber) • 37g Fat • 96g Protein



Easy Garlic Chicken
2 serving • 450 Cal
[Directions](#) | [Full Recipe](#)

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



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 5

2976 Calories • 134g Carbs (36g Fiber) • 198g Fat • 175g Protein

BREAKFAST

1023 Cal • 66g Carbs (19g Fiber) • 58g Fat • 58g Protein



Vegetable 3 Egg Scramble
2 serving • 1023 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 tbsp Butter
2 cup Mixed vegetables
6 extra large Egg
1/4 tsp Salt
4 tbsp Tomato sauce

LUNCH

1243 Cal • 58g Carbs (14g Fiber) • 95g Fat • 51g Protein



Broccoli Quiche
3 slice • 1157 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 slice



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

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

710 Cal • 9g Carbs (3g Fiber) • 45g Fat • 66g Protein



Pork Rind Crusted Chicken
2 serving • 677 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):
3 breast, bone removed Chicken breast
4 oz Pork skins
6 tbsp Dijon mustard
2 tsp Salt
2 tsp Garlic powder
1 tsp Cayenne pepper
4 tbsp Olive oil



Zucchini
1 cup • 33 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 medium Zucchini

Day 6

3070 Calories • 166g Carbs (25g Fiber) • 151g Fat • 261g 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

1015 Cal • 5g Carbs (2g Fiber) • 66g Fat • 96g Protein



Pork Rind Crusted Chicken
3 serving • 1015 Cal

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

Leftovers, eat 3 serving

DINNER

1297 Cal • 88g Carbs (23g Fiber) • 66g Fat • 94g Protein



Keto Portobello Mushroom Pizza
2 serving • 806 Cal

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

Ingredients for 2 serving:

4 mushroom, whole Mushrooms
8 oz Sausage
4 tbsp Tomato sauce
8 tbsp, shredded Cheddar cheese



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 7

3079 Calories • 106g Carbs (29g Fiber) • 173g Fat • 267g Protein

BREAKFAST

1023 Cal • 66g Carbs (19g Fiber) • 58g Fat • 58g Protein



Vegetable 3 Egg Scramble
2 serving • 1023 Cal

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

Ingredients for 2 serving:

2 tbsp Butter
2 cup Mixed vegetables
6 extra large Egg
1/4 tsp Salt
4 tbsp Tomato sauce

LUNCH

1015 Cal • 5g Carbs (2g Fiber) • 66g Fat • 96g Protein



Pork Rind Crusted Chicken
3 serving • 1015 Cal

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

Leftovers, eat 3 serving

DINNER

1041 Cal • 35g Carbs (9g Fiber) • 49g Fat • 112g Protein



Arugula Chicken Salad
2 bowl • 1041 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 tbsp Olive oil
1 1/2 cup chopped Carrots
1 cup, chopped Red cabbage
2 cup Arugula
2 breast, bone and skin removed
Chicken breast
4 tbsp Italian dressing
10 grams Sunflower seed kernels

Recipe directions

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

Coconut Milk Protein Shake

Directions are for original recipe of 1 shake

1. Mix two scoops protein powder (preferably vanilla flavor) with 1 cup coconut milk and 2 Tbsp. of cocoa powder.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

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

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.

Spinach Recipe

Directions are for original recipe of 4 serving

1. Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2. Heat 2 tbsp. olive oil in a large skillet on medium-high heat. Add the garlic and saut for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4. After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

Gordon Ramsay's Scrambled Eggs

Directions are for original recipe of 1 serving

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

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.

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).

Basic protein shake

Directions are for original recipe of 1 cup

1. Add whey to milk, stir until no chunks of whey are left in the milk.

Vegetable 3 Egg Scramble

Directions are for original recipe of 1 serving

1. Melt the butter.
2. Mostly cook the vegetables.
3. Add the beaten eggs and then salt to the pan. Allow to cook until desired doneness.
4. Serve with tomato sauce.
5. Enjoy!

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.

Apple

Directions are for original recipe of 1 apple

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

Broccoli Quiche

Directions are for original recipe of 4 slice

1. Preheat oven to 425°F.
2. Butter a 10-inch round or 13x9-inch square baking dish.
3. Cook broccoli in the microwave or in boiling water for 4 minutes.
4. Whisk together eggs, coconut milk/cream, butter, nutmeg, salt and pepper. Stir in broccoli (and cheese, if using).
5. Pour into baking dish with broccoli and bake 20 minutes until set in the middle.

Tomato soup

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)

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.

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!

Pork Rind Crusted Chicken

Directions are for original recipe of 4 serving

1. Place the pork rinds in a large ziplock bag. Seal, removing as much air as possible. Use a meat pounder to crush the pork rinds into crumbs, similar to Panko. Place in a shallow bowl.
2. Brush the chicken tenders with the mustard and sprinkle with kosher salt, garlic powder, and cayenne.
3. Dip each chicken tender into the crushed pork rinds, pressing on both sides to help the crumbs adhere.
4. Heat a nonstick double-burner griddle (or two large nonstick skillets) over medium-high heat, about 2 minutes. Brush with olive oil.
5. Add the coated chicken tenders. Fry until golden-brown, about 3 minutes on each side, working in batches if necessary.

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.

Keto Portobello Mushroom Pizza

Directions are for original recipe of 1 serving

1. Preheat the oven to 350F.
2. Cook sausage in a skillet over medium heat until cooked through. If not using ground sausage, remove sausage from casing and break up while cooking.
3. Rinse mushrooms and wipe away any dirt. Using a knife remove the stem carefully.
4. Place mushrooms on a baking sheet and add half of the marinara, sausage, and cheese to each. Bake for 12-15 minutes (until cheese is golden). Enjoy!

Arugula Chicken Salad

Directions are for original recipe of 1 bowl

1. Cube the chicken breast, then pan fry the cubed chicken in a non-stick pan with olive oil. Set aside and allow it to cool.
2. Chop red cabbage and carrots.
3. Add arugula, carrots, and cabbage to a large salad bowl.
4. Top salad with sunflower seeds (about 2 teaspoons worth) and cooled chicken.
5. Add your favorite dressing and enjoy. (source: bodybuilding.com)