

Your Meal Plan

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Day 1

3040 Calories • 175g Carbs (24g Fiber) • 158g Fat • 237g Protein

BREAKFAST

830 Cal • 30g Carbs (5g Fiber) • 63g Fat • 35g Protein



Pesto Scrambled Eggs
2 pan • 553 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 pan:
1 tbsp Butter
4 large Egg
2 tbsp Basil Pesto



Buttered Toast
2 slice • 277 Cal
[Directions](#) | [Full Recipe](#)

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

LUNCH

1230 Cal • 127g Carbs (17g Fiber) • 68g Fat • 45g Protein



Big PB&J Sandwich
2 sandwich • 1230 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 slice Whole-wheat bread
8 tbsp Peanut butter
4 tbsp Apricot jam

DINNER

981 Cal • 18g Carbs (2g Fiber) • 27g Fat • 156g Protein



Fish with Creamy Leeks
2 serving • 981 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
1/2 tsp Dill weed
2/3 cup Water
4 fillet Pollock
2 leek Leeks
1 1/2 tsp Wheat flour
2 tbsp Butter
1/2 cup Sour cream

Day 2

3022 Calories • 240g Carbs (41g Fiber) • 137g Fat • 261g Protein

BREAKFAST

621 Cal • 131g Carbs (22g Fiber) • 11g Fat • 53g 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



Nonfat yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt

LUNCH

1198 Cal • 28g Carbs (7g Fiber) • 45g Fat • 164g Protein



Fish with Creamy Leeks
2 serving • 981 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

DINNER

1203 Cal • 81g Carbs (12g Fiber) • 80g 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



Frizzled Cabbage
2 serving • 260 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/4 head, medium (about 5-3/4" dia)
Cabbage
2 tbsp Butter

Day 3

2969 Calories • 259g Carbs (69g Fiber) • 159g Fat • 144g 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

1144 Cal • 127g Carbs (34g Fiber) • 59g Fat • 42g Protein



Hummus pocket sandwich
2 pocket • 890 Cal
[Directions](#) | [Full Recipe](#)

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



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



Sliced bell pepper
1 pepper • 37 Cal
[Directions](#) | [Full Recipe](#)

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

DINNER

802 Cal • 66g Carbs (17g Fiber) • 42g Fat • 44g Protein



Mexican Casserole
2 serving • 802 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):
1 1/2 medium (2-1/2" dia) Onions
4 cup, shredded Cheddar cheese
2 cup Salsa
2 can Refried beans
8 tortilla Tortillas

Day 4

3043 Calories • 292g Carbs (42g Fiber) • 129g Fat • 181g Protein

BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich
2 sandwich • 732 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 large Egg
4 tbsp Light mayonnaise
4 tsp Dijon mustard
2 dash Salt
2 dash Pepper
4 slice Whole-wheat bread

LUNCH

1203 Cal • 98g Carbs (25g Fiber) • 63g Fat • 66g Protein



Mexican Casserole
3 serving • 1203 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

1109 Cal • 137g Carbs (9g Fiber) • 29g Fat • 75g Protein



Curried Egg Sandwiches
2 serving • 571 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large Egg
1/4 cup Light mayonnaise
1/2 tsp Curry powder
1/2 dash Salt
1/2 dash Pepper
4 slice Whole-wheat bread



Yogurt & Dried Mango
2 serving • 537 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
3 oz Mangos

Day 5

2814 Calories • 247g Carbs (39g Fiber) • 121g Fat • 190g Protein

BREAKFAST

771 Cal • 42g Carbs (3g Fiber) • 36g Fat • 69g Protein



Eggs with Hats on Top
2 serving • 488 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large Egg
2 slice Whole-wheat bread
2 tbsp Butter



Nonfat greek yogurt
2 cup • 283 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Nonfat greek yogurt

LUNCH

1203 Cal • 98g Carbs (25g Fiber) • 63g Fat • 66g Protein



Mexican Casserole
3 serving • 1203 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

841 Cal • 106g Carbs (11g Fiber) • 21g Fat • 55g Protein



Stuffed Chicken Burrs
2 burr • 841 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 burr (eat 2 burr now, save 6 burr for leftovers):
21.305 oz Chicken breast
2.4 cup Tomatoes
1 1/3 cup Tomato sauce
2.718 tbsp Dry taco seasoning mix
8 tortilla (approx 10" dia) Tortillas
2/3 cup, shredded Cheddar cheese
4 cup shredded Lettuce
1 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
2 cup, chopped Onions

Day 6

3119 Calories • 288g Carbs (29g Fiber) • 145g Fat • 163g Protein

BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich
2 sandwich • 732 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:
4 large Egg
4 tbsp Light mayonnaise
4 tsp Dijon mustard
2 dash Salt
2 dash Pepper
4 slice Whole-wheat bread

LUNCH

1261 Cal • 160g Carbs (17g Fiber) • 32g Fat • 83g Protein



Stuffed Chicken Burrs

3 burr • 1261 Cal

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

Leftovers, eat 3 burr

DINNER

1126 Cal • 72g Carbs (5g Fiber) • 76g Fat • 40g Protein



Cheese quesadilla

2 quesadilla • 1114 Cal

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

Ingredients for 2 quesadilla:

4 tortilla medium (approx 6" dia)

Tortillas

2 tbsp Butter

1 cup, shredded Cheddar cheese

4 tbsp Salsa

4 tbsp Sour cream



Celery

2 stalks • 13 Cal

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

Ingredients for 2 stalks:

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

Celery

Day 7

2299 Calories • 221g Carbs (22g Fiber) • 144g Fat • 192g Protein

BREAKFAST

793 Cal • 2g Carbs (0g Fiber) • 73g Fat • 33g Protein



Low Carb Asiago Baked Eggs

2 serving • 793 Cal

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

Ingredients for 2 serving:

4 tbsp Butter

4 large Egg

1 oz Asiago Italian

LUNCH

1261 Cal • 160g Carbs (17g Fiber) • 32g Fat • 83g Protein



Stuffed Chicken Burrs

3 burr • 1261 Cal

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

Leftovers, eat 3 burr

DINNER

905 Cal • 59g Carbs (5g Fiber) • 39g Fat • 77g Protein



Spicy Chicken Fajita

2 fajita • 905 Cal

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

Ingredients for 2 fajita:

1 breast, bone and skin removed

Chicken breast

1/3 tbsp Olive oil

1/3 medium (2-1/2" dia) Onions

1/3 pepper Jalapeno peppers

4 tbsp Salsa

1/2 cup, shredded Cheddar cheese

2 tortilla (approx 7-8" dia) Tortillas

2 tbsp Sour cream

1 cup shredded Lettuce

Recipe directions

Pesto Scrambled Eggs

Directions are for original recipe of 2 pan

1. Melt the butter in 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.

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!

Fish with Creamy Leeks

Directions are for original recipe of 4 serving

1. Whisk together sour cream and flour.
2. Wash leeks, and chop, then put in a large heavy skillet with butter, 1/3 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover with parchment, then with a lid, and simmer over medium heat, stirring once or twice, until leeks are tender, about 10 minutes.
3. Stir in sour-cream mixture and remaining 1/3 cup water.
4. Season fish with 1/4 teaspoon each of salt and pepper, then add to leeks and cook, covered with parchment and lid, until just cooked through, 8 to 10 minutes. Serve sprinkled with dill.

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.

Nonfat yogurt

Directions are for original recipe of 1 bowl

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

Almond Butter & Celery

Directions are for original recipe of 1 serving

1. Spread almond butter on celery 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.

Frizzled Cabbage

Directions are for original recipe of 2 serving

1. Core and very thinly slice the cabbage.
2. Melt the butter in a large skillet (I use non-stick) over medium heat.
3. When it is bubbling, add the cabbage.
4. Salt and pepper the cabbage.
5. Stir occasionally and cook until mostly wilted, about 10 minutes.
6. Turn the heat down to medium-low and let cook, stirring frequently, until cabbage is starting to caramelize (brown), about 10 minutes.
7. Do not let burn.
8. Taste, adjust seasoning, and serve immediately.

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!

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.

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).

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.

Egg Salad Sandwich

Directions are for original recipe of 1 sandwich

1. Hard boil eggs: Place the eggs in a single layer at the bottom of a saucepan. Cover with at least an inch or two of cold water. Heat the pot on high heat and bring the water to a full rolling boil. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 15 minutes. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.
2. Peel and chop hard boiled eggs once they've cooled a bit. Add mayo, mustard, salt, and pepper.
3. Mix well and spread on bread or toast to make a sandwich.

Curried Egg Sandwiches

Directions are for original recipe of 4 serving

1. Place eggs in a saucepan in a single layer. Cover eggs with cold water to cover just about an inch over eggs. Heat over high heat, then once boiling, cover pan with lid and turn off heat. Let eggs stand for 12 minutes, then drain immediately and cool under cold water. Peel.
2. Mix together mayonnaise and curry powder in a bowl. Chop eggs up then gently stir in, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.

Yogurt & Dried Mango

Directions are for original recipe of 1 serving

1. Chop up dried mango and mix into yogurt. Enjoy!

Eggs with Hats on Top

Directions are for original recipe of 2 serving

1. With drinking glass turned upside down cut a hole in the center of your bread slices.
2. Save the circle you cut out of the center of the bread.
3. In frying pan over medium high heat, melt butter.
4. Put bread slices in skillet along with the circles you cut out of the center of the bread.
5. Crack an egg in each of the holes of bread.
6. Cover skillet for a minute or two or just until egg is starting to set up, and when bottom of bread is browned, then turn and fry on other side until browned.
7. Make sure you turn your little circles of bread over also.
8. Serve with your little circles of bread on top of the egg.
9. Season to taste.

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.

Stuffed Chicken Burrs

Directions are for original recipe of 6 burr

1. Spray large skillet with cooking spray; heat over medium-high heat. Add chicken, bell pepper and onion; cook 7 minutes or until no longer pink, stirring occasionally. Add drained tomatoes, tomato sauce and seasoning mix; mix well, breaking up large pieces of tomato. Bring to a boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.
2. Spoon about 1/2 cup chicken mixture down center of each tortilla; top with cheese and lettuce. Fold up bottom of tortilla over filling; fold in sides and roll to wrap.

Cheese quesadilla

Directions are for original recipe of 1 quesadilla

1. Melt butter in frying pan over medium heat. Place 1 tortilla in the pan and top with cheese. Place the second tortilla on top. Heat until bottom tortilla is golden brown.
2. Flip the quesadilla and heat until golden brown on bottom. Move to plate, cut into fourths. Top with salsa and sour cream or serve on the side.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Low Carb Asiago Baked Eggs

Directions are for original recipe of 2 serving

1. Preheat oven to 350°F. Using a small amount of the butter, butter two ramekins or 2 cup baking bowls. Split the remaining butter between prepared bowls.
2. Place one ramekin in the microwave for about 30 seconds on high to melt butter. Repeat with other.
3. Drop two whole eggs into each bowl. Top each with 1 tablespoon of grated cheese. Bake in oven for 15 minutes or until egg whites become white. Serve hot.

Spicy Chicken Fajita

Directions are for original recipe of 6 fajita

1. Slice the onion and jalapeno. Saute the onions. Pan fry the chicken breast in oil for about 8-12 minutes (salt and pepper to taste). Warm the tortillas on the griddle, long enough to make them soften up, 2 minutes.
2. Down the center of the tortilla, spread on a tablespoon worth of sour cream, 1/4 cup shredded cheese, 1/2 breast of sliced chicken, sauted onions, jalapenos (as much as you can bare to eat), 2 tablespoons of salsa, and top with 1/2 cup lettuce.
3. Roll up it, folding in the ends, then slice in half.