

Your Meal Plan

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Day 1

2990 Calories • 190g Carbs (35g Fiber) • 154g Fat • 227g Protein

BREAKFAST

675 Cal • 49g Carbs (5g Fiber) • 32g Fat • 49g 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



Bacon
4 strips • 200 Cal

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

Ingredients for 4 strips:

4 strip Bacon

LUNCH

932 Cal • 44g Carbs (24g Fiber) • 61g Fat • 68g Protein



Paleo Avocado Tuna Salad
2 serving • 727 Cal

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

Ingredients for 2 serving:

2 fruit, without skin and seed
Avocados

2 lemon yields Lemon juice

2 tbsp chopped Onions

10 oz Tuna

2 dash Salt

2 dash Pepper



Cauliflower and Tahini
1 serving • 205 Cal

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

Ingredients for 1 serving:

1 cup chopped, (1/2" pieces)
Cauliflower

2 tbsp Sesame butter

DINNER

1383 Cal • 97g Carbs (6g Fiber) • 61g Fat • 109g Protein



Curry-Strawberry Chicken
2 serving • 1383 Cal

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

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

1 1/2 cup Russian dressing

2 tbsp Curry powder

3 tbsp Onion soup

1/4 cup Strawberry jam

4 breast, bone and skin removed
Chicken breast

Day 2

2919 Calories • 208g Carbs (28g Fiber) • 138g Fat • 216g Protein

BREAKFAST

653 Cal • 35g Carbs (7g Fiber) • 41g Fat • 38g Protein



Scrambled Eggs with Bacon and Mushrooms

2 serving • 530 Cal

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

Ingredients for 2 serving:

4 extra large Egg

4 strip Bacon

1/2 cup diced Mushrooms



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

1383 Cal • 97g Carbs (6g Fiber) • 61g Fat • 109g Protein



Curry-Strawberry Chicken

2 serving • 1383 Cal

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

Leftovers, eat 2 serving

DINNER

882 Cal • 77g Carbs (16g Fiber) • 36g Fat • 69g Protein



Bacon-Wrapped Trout with Rosemary

1 serving • 599 Cal

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

Ingredients for 1 serving:

3 strip Bacon

10 oz Trout

1/3 fruit without seeds Lemons

2 tbsp Rosemary



Banana

2 banana • 210 Cal

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

Ingredients for 2 banana:

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



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

Day 3

2986 Calories • 214g Carbs (35g Fiber) • 165g Fat • 177g Protein

BREAKFAST

875 Cal • 39g Carbs (8g Fiber) • 59g Fat • 48g Protein



Denver omelet

2 omelet • 781 Cal

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

Ingredients for 2 omelet:

4 extra large Egg

4 tbsp chopped Onions

1/2 cup, chopped Red bell pepper

4 slice Sliced ham

2 tbsp Olive oil



Apples

1 medium (3" dia) • 95 Cal (182 g)

[Link to Full Nutrition](#)

LUNCH

728 Cal • 78g Carbs (21g Fiber) • 45g Fat • 20g Protein



Apples and Almond Butter
2 apple • 317 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 apple:
4 tsp Almond butter
2 medium (3" dia) Apples



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

1383 Cal • 97g Carbs (6g Fiber) • 61g Fat • 109g Protein



Curry-Strawberry Chicken
2 serving • 1383 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
2 1/4 cup Russian dressing
3 tbsp Curry powder
4 1/2 tbsp Onion soup
3/8 cup Strawberry jam
6 breast, bone and skin removed
Chicken breast

Day 4

2911 Calories • 208g Carbs (34g Fiber) • 149g Fat • 202g Protein

BREAKFAST

832 Cal • 60g Carbs (14g Fiber) • 67g Fat • 15g 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

LUNCH

1383 Cal • 97g Carbs (6g Fiber) • 61g Fat • 109g Protein



Curry-Strawberry Chicken
2 serving • 1383 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

696 Cal • 51g Carbs (14g Fiber) • 20g Fat • 78g 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



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

Ingredients for 1 cup:
1 medium Zucchini



Grilled Polenta Chips
1 serving • 245 Cal
[Directions](#) | [Full Recipe](#)

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

Day 5

2965 Calories • 143g Carbs (21g Fiber) • 158g Fat • 246g Protein

BREAKFAST

781 Cal • 14g Carbs (4g Fiber) • 58g Fat • 48g Protein



Denver omelet
2 omelet • 781 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
4 extra large Egg
4 tbsp chopped Onions
1/2 cup, chopped Red bell pepper
4 slice Sliced ham
2 tbsp Olive oil

LUNCH

1383 Cal • 97g Carbs (6g Fiber) • 61g Fat • 109g Protein



Curry-Strawberry Chicken
2 serving • 1383 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

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



Paleo Chicken Spinach
Meatballs
2 serving • 801 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2
serving now, save 6 serving for
leftovers):
64 oz crumbled Ground chicken
4 package (10 oz) yields Spinach
4 tsp Curry powder
4 cup, crushed, sliced, or chunks
Pineapple
4 dash Salt
4 dash Pepper

Day 6

3022 Calories • 138g Carbs (46g Fiber) • 161g Fat • 275g Protein

BREAKFAST

769 Cal • 17g Carbs (8g Fiber) • 67g Fat • 33g Protein



Ham and Egg Mushroom Cups

2 cup • 377 Cal

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

Ingredients for 2 cup:

2 large Egg
2 mushroom, whole Mushrooms
1 package, 2.5 oz 1 NLEA serving
Sliced ham
1 tsp Pepper
1 tbsp Olive oil



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

1201 Cal • 49g Carbs (17g Fiber) • 58g Fat • 132g Protein



Paleo Chicken Spinach Meatballs

3 serving • 1201 Cal

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

Leftovers, eat 3 serving

DINNER

1052 Cal • 72g Carbs (21g Fiber) • 36g Fat • 109g 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



Microwave Poached Eggs

2 serving • 143 Cal

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

Ingredients for 2 serving:

2 large Egg
0.26 tsp Vinegar
0.66 cup Water



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

2928 Calories • 168g Carbs (38g Fiber) • 172g Fat • 208g Protein

BREAKFAST

832 Cal • 60g Carbs (14g Fiber) • 67g Fat • 15g 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

LUNCH

1201 Cal • 49g Carbs (17g Fiber) • 58g Fat • 132g Protein



Paleo Chicken Spinach Meatballs

3 serving • 1201 Cal

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

Leftovers, eat 3 serving

DINNER

895 Cal • 60g Carbs (8g Fiber) • 47g Fat • 61g Protein



Curry-Strawberry Chicken

1 serving • 692 Cal

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

Ingredients for 1 serving:

- 3/8 cup Russian dressing
- 1/2 tbsp Curry powder
- 3/4 tbsp Onion soup
- 0.063 cup Strawberry jam
- 1 breast, bone and skin removed
- Chicken breast



Green Beans with Crushed Almonds

1 serving • 204 Cal

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

Ingredients for 1 serving:

- 1 1/8 cup 1/2" pieces Green beans
- 1/2 tbsp Olive oil
- 1/8 cup whole kernels Almonds
- 1/2 cloves, minced Garlic

Recipe directions

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.

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Paleo Avocado Tuna Salad

Directions are for original recipe of 1 serving

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve.

Cauliflower and Tahini

Directions are for original recipe of 1 serving

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

Curry-Strawberry Chicken

Directions are for original recipe of 4 serving

1. Mix salad dressing, curry powder, onion soup mix, and strawberry jam in a large bowl until smooth. Place chicken breast into a 9x13 inch baking dish and pour the dressing mixture on top. Cover and refrigerate overnight, or at least 1 hour before baking.
2. Preheat an oven to 375 degrees F (190 degrees C).
3. Uncover the baking dish. Bake the chicken breasts in the preheated oven until no longer pink in the center, 20 to 25 minutes.

Scrambled Eggs with Bacon and Mushrooms

Directions are for original recipe of 1 serving

1. Crack the eggs into a bowl and beat with a fork until thoroughly combined.
2. Rinse the mushrooms and pat dry.
3. Heat a skillet over medium heat.
4. Cook the bacon over low heat, then remove from the pan and drain on paper towels.
5. Add the bacon to the pan and cook over medium-low heat until soft.
6. Add the eggs to the pan, and cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
7. While cooking, mix the eggs with a spatula to ensure even cooking.
8. Serve the egg mixture with the bacon.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Bacon-Wrapped Trout with Rosemary

Directions are for original recipe of 1 serving

1. Preheat broiler.
2. Put fish in a shallow baking pan (1 inch deep) or a large heavy ovenproof skillet, then pat dry and season cavity with salt and pepper. Put rosemary inside cavity and season outside of fish with salt and pepper, then wrap bacon slices around fish.
3. Broil fish 5 to 7 inches from heat until skin of fish and bacon are crisp, about 5 minutes. Turn fish over gently with a spatula and broil 2 minutes more. Add lemon slices to pan in 1 layer alongside fish and continue to broil until fish is just cooked through and rest of bacon is crisp, 2 1/2 to 3 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).

Denver omelet

Directions are for original recipe of 1 omelet

1. Chop up your onions and bell pepper.
2. Add olive oil to a skillet over medium-high heat. Saute onion, bell pepper, ham in the oil until the onion starts to become translucent.
3. Stir the eggs into the pan, then cook until lightly brown on the bottom. Then flip over and lightly brown the opposite side. Add a dash of salt and pepper if desired. Then eat!

Apples and Almond Butter

Directions are for original recipe of 1 apple

1. Core and quarter a medium apple. Spread with 2 tsp creamy natural almond butter.

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.)

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.

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.

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!

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.

Ham and Egg Mushroom Cups

Directions are for original recipe of 2 cup

1. Remove stem and clean out mushroom cups with a damp cloth
2. rub olive oil on the outside of the mushrooms
3. line mushroom cup with ham, then crack an egg into each cup
4. sprinkle with black pepper and herbs to taste
5. Bake for 20-30 min at 375F in Toaster Oven or preheated Oven

Microwave Poached Eggs

Directions are for original recipe of 1 serving

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.

Green Beans with Crushed Almonds

Directions are for original recipe of 2 serving

1. PREPARATION: Trim green beans. Mince garlic. Finely grind almonds.
2. Cook beans in a 3-qt. saucepan of boiling salted water until crisp-tender, about 4 minutes, and drain. Add olive oil to a large nonstick skillet over moderate heat, then cook garlic, stirring, until it just begins to turn golden, about 1 minute. Add almonds and cook, stirring, until they begin to color slightly, about 2 minutes. Add beans and cook, stirring, until tender and heated through, about 2 minutes. Season with salt and pepper.