

Your Meal Plan

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Day 1

1219 Calories • 122g Carbs (20g Fiber) • 40g Fat • 102g Protein

BREAKFAST

446 Cal • 56g Carbs (11g Fiber) • 9g Fat • 39g Protein



Cottage Cheese with Raspberries

2 serving • 323 Cal

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

Ingredients for 2 serving:

1 1/2 cup, (not packed) Cottage cheese

0.66 tbsp Coconut meat

1/2 cup Raspberries



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

391 Cal • 60g Carbs (8g Fiber) • 8g Fat • 27g Protein



Apples and Almond Butter

1 apple • 159 Cal

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

Ingredients for 1 apple:

2 tsp Almond butter

1 medium (3" dia) Apples



Yogurt & Mango

1 serving • 233 Cal

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

Ingredients for 1 serving:

1 cup, sliced Mangos

8 oz Nonfat greek yogurt

DINNER

382 Cal • 6g Carbs (1g Fiber) • 23g Fat • 37g Protein



Arctic Char with Pistachio Orange Vinaigrette

1 serving • 382 Cal

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

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

3/4 medium (4-1/8" long) Scallions

18 oz Trout

1 1/2 tbsp Pistachio nuts

3/4 fruit (2-7/8" dia) Oranges

3/4 tbsp Lemon juice

2 1/4 tbsp Olive oil

Day 2

1244 Calories • 127g Carbs (16g Fiber) • 38g Fat • 103g Protein

BREAKFAST

410 Cal • 71g Carbs (3g Fiber) • 2g Fat • 30g Protein



Breakfast fruit smoothie
8 oz • 135 Cal

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

Ingredients for 8 oz:
1/2 cup, halves Strawberries
1/2 medium (7" to 7-7/8" long)
Banana
1/2 cup Orange juice



Nonfat yogurt
2 bowl • 274 Cal

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

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

LUNCH

382 Cal • 6g Carbs (1g Fiber) • 23g Fat • 37g Protein



Arctic Char with Pistachio
Orange Vinaigrette
1 serving • 382 Cal

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

Leftovers, eat 1 serving

DINNER

452 Cal • 50g Carbs (11g Fiber) • 13g Fat • 36g Protein



Scallion Crusted Artic Char
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



Banana
1 banana • 105 Cal

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

Ingredients for 1 banana:
1 medium (7" to 7-7/8" long) Banana



Carrots
1 cup • 86 Cal

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

Ingredients for 1 cup:
1 cup Baby carrots

Day 3

1185 Calories • 106g Carbs (18g Fiber) • 36g Fat • 111g Protein

BREAKFAST

387 Cal • 75g Carbs (11g Fiber) • 4g Fat • 16g 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



Whole Wheat Toast
3 serving • 212 Cal

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

Ingredients for 3 serving:
3 slice Whole-wheat bread

LUNCH

382 Cal • 6g Carbs (1g Fiber) • 23g Fat • 37g Protein



Arctic Char with Pistachio
Orange Vinaigrette
1 serving • 382 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

416 Cal • 25g Carbs (6g Fiber) • 8g Fat • 58g Protein



Easy Grilled Chicken
2 serving • 416 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2
serving now, save 2 serving for
leftovers):
2 breast, bone and skin removed
Chicken breast
1 cup Italian dressing
2 large (2-1/4 per pound, approx 3-
3/4" lo Red bell pepper
1 large Zucchini

Day 4

1209 Calories • 121g Carbs (20g Fiber) • 29g Fat • 121g Protein

BREAKFAST

336 Cal • 52g Carbs (8g Fiber) • 3g Fat • 31g Protein



Dairy-Free Strawberry Oatmeal
1 bowl • 194 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1/2 cup Water
1/2 cup Oatmeal
1 tsp brownulated Brown sugar
1 cup, halves Strawberries



Nonfat greek yogurt
1 cup • 142 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Nonfat greek yogurt

LUNCH

416 Cal • 25g Carbs (6g Fiber) • 8g Fat • 58g Protein



Easy Grilled Chicken
2 serving • 416 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

457 Cal • 44g Carbs (7g Fiber) • 18g Fat • 33g Protein



Chicken Fajitas
1 serving • 234 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 breast, bone and skin removed
Chicken breast
1/2 medium (approx 2-3/4" long, 2-
1/2 dia.) Red bell pepper
1/4 onion Onions
1/4 tsp Fajita Seasoning Mix
3/8 tbsp Canola Oil



Rice Cakes with Banana &
Almond Butter
1 serving • 223 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 small (6" to 6-7/8" long) Banana
1 tbsp Almond butter
1 cakes Rice cakes

Day 5

1187 Calories • 114g Carbs (15g Fiber) • 40g Fat • 97g Protein

BREAKFAST

371 Cal • 46g Carbs (6g Fiber) • 18g Fat • 9g Protein



Cantaloupe
4 slices • 94 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 slices:
4 wedge, medium (1/8 of medium melon) Melons



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

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

LUNCH

430 Cal • 37g Carbs (8g Fiber) • 5g Fat • 59g Protein



Cottage cheese and salsa
1 serving • 344 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 cup, (not packed) Cottage cheese
4 tbsp Salsa



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

Ingredients for 1 cup:
1 cup Baby carrots

DINNER

386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein



Honey Pecan Chicken Breast
1 serving • 386 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):
3 half breast (fillet) Chicken breast
3/8 cup Wheat flour
0.188 cup Honey
0.188 cup, chopped Pecans
2 1/4 tbsp Butter

Day 6

1158 Calories • 126g Carbs (12g Fiber) • 32g Fat • 97g Protein

BREAKFAST

391 Cal • 78g Carbs (8g Fiber) • 6g Fat • 12g Protein



Corn Flakes
1 bowl • 222 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1 cup Corn flakes
1 cup Reduced fat milk



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

Ingredients for 2 cup:
2 cup Blueberries

LUNCH

386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein



Honey Pecan Chicken Breast
1 serving • 386 Cal

Leftovers, eat 1 serving

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

DINNER

381 Cal • 18g Carbs (3g Fiber) • 9g Fat • 55g Protein



Peachy Keen Chicken
1 serving • 209 Cal

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

Ingredients for 1 serving:

1/2 cup, halves or slices Peaches

1/8 tbsp Honey

1 half breast (fillet) Chicken breast

1/4 tbsp Olive oil

1/4 dash Pepper

1/4 dash Salt



Cottage Cheese with Radishes
1 serving • 172 Cal

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

Ingredients for 1 serving:

1 cup, (not packed) Cottage cheese

1 dash Salt

1 dash Pepper

1/2 cup slices Radishes

Day 7

1219 Calories • 121g Carbs (9g Fiber) • 36g Fat • 95g Protein

BREAKFAST

377 Cal • 55g Carbs (6g Fiber) • 3g Fat • 34g Protein



Cantaloupe
4 slices • 94 Cal

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

Ingredients for 4 slices:

4 wedge, medium (1/8 of medium melon) Melons



Nonfat greek yogurt
1 cup • 142 Cal

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

Ingredients for 1 cup:

1 cup Nonfat greek yogurt



Whole Wheat Toast
2 serving • 141 Cal

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

Ingredients for 2 serving:

2 slice Whole-wheat bread

LUNCH

386 Cal • 30g Carbs (1g Fiber) • 17g Fat • 29g Protein



Honey Pecan Chicken Breast
1 serving • 386 Cal

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

Leftovers, eat 1 serving

DINNER

456 Cal • 35g Carbs (2g Fiber) • 16g Fat • 32g Protein



Sautéed Flounder with Orange- Shallot Sauce

2 serving • 456 Cal

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

Ingredients for 2 serving:

0.167 cup Wheat flour
1/4 tsp Salt
1/2 dash Pepper
8 oz Flatfish
1/2 tbsp Olive oil
2 tbsp chopped Shallots
2 fl oz White wine
1/2 cup Orange juice
1 tsp Dijon mustard
1 tsp Butter
1 tbsp Parsley

Recipe directions

Cottage Cheese with Raspberries

Directions are for original recipe of 1 serving

1. Spoon cottage cheese into a bowl. Sprinkle with coconut flakes, and top with fresh rinsed raspberries.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and 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.

Yogurt & Mango

Directions are for original recipe of 1 serving

1. Cut up mango and mix into yogurt. Enjoy!

Arctic Char with Pistachio Orange Vinaigrette

Directions are for original recipe of 4 serving

1. PREPARATION: Slice scallion. Chop pistachios or pecans.
2. Preheat broiler.
3. Put fish, skin side down, on foil-lined rack of a broiler pan. Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper (total), then brush with 1 tablespoon oil.
4. Broil 4 to 5 inches from heat until just cooked through, 6 to 8 minutes.
5. Meanwhile, grate zest from orange with a Microplane and squeeze 1/4 cup juice.
6. Whisk together zest, orange juice, lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper, then add remaining 2 tablespoons oil in a slow stream, whisking. Stir in scallion.
7. Transfer fillets (without skin; it will be stuck to foil) with a metal spatula to plates, then drizzle with some of vinaigrette and sprinkle with nuts. Serve remaining vinaigrette on the side.

Breakfast fruit smoothie

Directions are for original recipe of 16 oz

1. Just put all the ingredients in the blender and blend until smooth. Optionally, blend with ice. Then drink and enjoy!

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.

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).

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.

Whole Wheat Toast

Directions are for original recipe of 1 serving

1. Put a slice of whole wheat bread into the toaster. Eat by itself or as a side.

Easy Grilled Chicken

Directions are for original recipe of 4 serving

1. Place washed chicken breasts in large sealable bag. Add 1 cup fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.
2. Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.
3. Grill chicken and veggies over medium heat.

Dairy-Free Strawberry Oatmeal

Directions are for original recipe of 1 bowl

1. Puree strawberries Mix together with water and oats.
2. Microwave for 45 seconds, stir, then microwave for 30 seconds more.
3. Sprinkle with brown sugar and enjoy!

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.

Chicken Fajitas

Directions are for original recipe of 4 serving

1. Slice peppers, onions, and chicken breasts into long strips.
2. Heat 1½ Tbsp oil in a large pan. Cook peppers and onions on medium heat until onions begin to turn translucent. Remove from pan.
3. Add chicken strips. Cook until no longer pink, stirring frequently. Return vegetables to pan. Add seasoning mix (use the recipe in this book, or a purchased envelope) with about ½ cup of water. Cook until water is reduced.
4. Serve in warmed flour tortillas with toppings of your choice: grated cheese, sour cream, guacamole, tomatoes, salsa, etc.

Rice Cakes with Banana & Almond Butter

Directions are for original recipe of 1 serving

1. Peel banana and cut into rounds. Spread rice cake with almond butter and top with banana slices. Enjoy!

Cantaloupe

Directions are for original recipe of 8 slices

1. Cut cantaloupe into cubes or wedge slices. 1 cup of cubes is about 2 wedges of a medium melon (each wedge = 1/8 of a melon).

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!

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.

Honey Pecan Chicken Breast

Directions are for original recipe of 4 serving

1. Dredge the breasts in flour, shaking off excess.
2. Heat about 2/3 of your butter in a heavy skillet over medium heat.
3. Add the breasts and brown on both sides, about 5-6 minutes.
4. Stir together the remaining tablespoon butter, honey and pecans.
5. Add to the skillet, stir gently.
6. Cover and simmer gently for 7-8 minutes.
7. Remove breasts to a serving platter, pour sauce over and serve.

Corn Flakes

Directions are for original recipe of 1 bowl

1. Pour cereal into bowl followed by milk. Eat.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

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.

Cottage Cheese with Radishes

Directions are for original recipe of 1 serving

1. Cut radishes into quarters. Combine with cottage cheese and a dash of salt and pepper. Serve.

Sautéed Flounder with Orange-Shallot Sauce

Directions are for original recipe of 4 serving

1. Mix flour, salt and pepper in a shallow dish. Thoroughly dredge fish fillets in the mixture.
2. Heat oil in a large non-stick skillet over medium-high heat until shimmering but not smoking. Add the fish and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Transfer to a plate and cover loosely with foil.
3. Add shallot to the pan and cook over medium-high heat, stirring often, until softened and beginning to brown, about 3 minutes. Add wine and bring to a simmer, scraping up any browned bits. Cook until most of the liquid has evaporated, 1 to 2 minutes.
4. Add orange juice and mustard; bring to a boil. Reduce heat to low and simmer until the sauce thickens a bit, about 5 minutes. Add butter and parsley; stir until the butter has melted.
5. Transfer fish to individual plates, top with sauce and serve.
6. Serve immediately and enjoy!