

Your Meal Plan

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Day 1

1614 Calories • 176g Carbs (28g Fiber) • 49g Fat • 131g Protein

BREAKFAST

542 Cal • 138g Carbs (13g Fiber) • 2g Fat • 5g Protein



Oatmeal and raisins
1 cup • 353 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1/3 cup Water
3 tbsp Maple syrups
1/4 cup (not packed) Raisins
1/3 cup Oatmeal



Apple
2 apple • 189 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 apple:
2 medium (3" dia) Apples

LUNCH

524 Cal • 34g Carbs (14g Fiber) • 32g Fat • 33g Protein



Cottage Cheese & Pineapple
1 serving • 202 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup, (not packed) Cottage cheese
1/2 cup, crushed, sliced, or chunks
Pineapple



Avocado
1 avocado • 322 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 avocado:
1 fruit Avocados

DINNER

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout
2 serving • 548 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2
serving now, save 4 serving for
leftovers):
1 1/2 tsp Grill Creations Smokey
Mesquite Seasoning
1 1/2 tsp Salt
48 oz Trout
6 tsp Garlic

Day 2

1575 Calories • 170g Carbs (28g Fiber) • 45g Fat • 132g Protein

BREAKFAST

541 Cal • 115g Carbs (22g Fiber) • 8g Fat • 13g Protein



Oatmeal and Apples

2 bowl • 541 Cal

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

Ingredients for 2 bowl:

- 1 cup Oatmeal
- 2 tsp brownulated Brown sugar
- 2 medium (3" dia) Apples
- 2 cup Pure Almond Almondmilk

LUNCH

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout

2 serving • 548 Cal

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

Leftovers, eat 2 serving

DINNER

486 Cal • 51g Carbs (6g Fiber) • 21g Fat • 26g Protein



Balsamic Salmon

1 serving • 298 Cal

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

Ingredients for 1 serving:

- 1/2 dash Salt
- 1 tbsp Balsamic vinegar
- 1 tbsp Olive oil
- 1/2 tbsp Lemon juice
- 1/2 clove Garlic
- 4 oz Atlantic salmon



Quick Grapefruit

2 serving • 188 Cal

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

Ingredients for 2 serving:

- 2 medium (approx 4" dia) Grapefruit
- 2 tsp brownulated Brown sugar

Day 3

1558 Calories • 158g Carbs (24g Fiber) • 52g Fat • 129g Protein

BREAKFAST

489 Cal • 117g Carbs (12g Fiber) • 2g Fat • 12g Protein



Fast Oatmeal

2 bowl • 489 Cal

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

Ingredients for 2 bowl:

- 2 oz (60 raisins) Raisins
- 2 cup Water
- 1/2 tsp Cinnamon
- 4 tsp brownulated Brown sugar
- 1 cup Oatmeal

LUNCH

548 Cal • 4g Carbs (0g Fiber) • 16g Fat • 93g Protein



Mesquite Garlic Trout

2 serving • 548 Cal

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

Leftovers, eat 2 serving

DINNER

521 Cal • 37g Carbs (11g Fiber) • 34g Fat • 24g Protein



Garlic Green Beans with Tofu
2 serving • 521 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
4 tbsp Olive oil
8 cloves, minced Garlic
1 lb Tofu
8 cup 1/2" pieces Green beans

Day 4

1547 Calories • 154g Carbs (38g Fiber) • 55g Fat • 118g Protein

BREAKFAST

399 Cal • 83g Carbs (15g Fiber) • 1g Fat • 19g Protein



Carrot-Orange Juice
16 fl oz. • 262 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 16 fl oz.:
3 large (7-1/4" to 8-1/2" long) Carrots
2 large (3-1/16" dia) Oranges



Nonfat yogurt
1 bowl • 137 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1 cup (8 fl oz) Nonfat yogurt

LUNCH

558 Cal • 45g Carbs (14g Fiber) • 34g Fat • 25g Protein



Garlic Green Beans with Tofu
2 serving • 521 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

591 Cal • 27g Carbs (9g Fiber) • 19g Fat • 74g Protein



Easy Pan-Fried Lemon Chicken
1 serving • 345 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 breast, bone and skin removed Chicken breast
1/2 tbsp Lemon juice
1 1/2 tsp Olive oil
1/4 tsp Sea Salt
1/8 tsp Pepper



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

1533 Calories • 154g Carbs (24g Fiber) • 43g Fat • 138g Protein

BREAKFAST

612 Cal • 72g Carbs (10g Fiber) • 8g Fat • 63g Protein



Oatmeal Cottage Cheese Pancakes

2 serving • 612 Cal

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

Ingredients for 2 serving:

- 1 cup Oatmeal
- 1 cup, (not packed) Cottage cheese
- 2 tsp Vanilla extract
- 8 large Egg white

LUNCH

422 Cal • 81g Carbs (14g Fiber) • 13g Fat • 7g 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



Banana

1 banana • 105 Cal

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

Ingredients for 1 banana:

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

DINNER

499 Cal • 1g Carbs (0g Fiber) • 22g Fat • 69g Protein



Dill Poached Salmon

2 serving • 499 Cal

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

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):

- 36 oz Atlantic salmon
- 3 cup Chicken broth
- 1 1/2 cup sprigs Dill

Day 6

1579 Calories • 150g Carbs (33g Fiber) • 50g Fat • 136g Protein

BREAKFAST

565 Cal • 74g Carbs (13g Fiber) • 25g Fat • 18g Protein



Apple Sandwiches with Almond Butter & Granola

1 serving • 424 Cal

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

Ingredients for 1 serving:

- 2 tbsp Almond butter
- 1 medium (3" dia) Apples
- 1/4 cup Granola with almonds



Whole Wheat Toast

2 serving • 141 Cal

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

Ingredients for 2 serving:

- 2 slice Whole-wheat bread

LUNCH

499 Cal • 1g Carbs (0g Fiber) • 22g Fat • 69g Protein



Dill Poached Salmon

2 serving • 499 Cal

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

Leftovers, eat 2 serving

DINNER

514 Cal • 75g Carbs (20g Fiber) • 3g Fat • 50g Protein



Simple fish chowder
2 serving • 290 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 cup Tomatoes
3 stalk, medium (7-1/2" - 8" long)
Celery
1 tsp, ground Oregano
1 tsp, ground Basil
2 dash Salt
2 dash Pepper
8 oz Cod



Microwaved sweet potato
2 potato • 224 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 potato:
2 sweetpotato, 5" long Sweet potato

Day 7

1558 Calories • 157g Carbs (15g Fiber) • 44g Fat • 138g Protein

BREAKFAST

420 Cal • 50g Carbs (7g Fiber) • 11g Fat • 32g 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

LUNCH

536 Cal • 9g Carbs (3g Fiber) • 23g Fat • 70g Protein



Dill Poached Salmon
2 serving • 499 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



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

602 Cal • 99g Carbs (5g Fiber) • 10g Fat • 35g Protein



Veggie-Tuna-Mac
3 cup • 602 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 cup:
4 oz Whole wheat pasta
1/2 can Tuna
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
3 stalks, large (11 inches long)
Celery
1/4 large Onions
2 1/2 tsp Dijon mustard
1/2 tbsp Olive oil

Recipe directions

Oatmeal and raisins

Directions are for original recipe of 1 cup

1. Combine raisins with water and stir in the oatmeal. Microwave until cooked according to package directions, about 2 minutes.
2. Remove, add maple syrup, 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.

Cottage Cheese & Pineapple

Directions are for original recipe of 1 serving

1. Mix together pineapple with cottage cheese and eat!

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.

Mesquite Garlic Trout

Directions are for original recipe of 4 serving

1. Pre-heat oven or outside grill to 450 °F (220 °C).
2. Cut the head and tail off of a gutted, cleaned trout.
3. Place the minced garlic inside the open belly of the trout (add more than 4 teaspoons if preferred). Sprinkle mesquite seasoning and salt over the garlic and allow the belly to close naturally.
4. Place the trout onto a sheet of aluminum foil and wrap the foil loosely over the trout so that it is sealed, but in a tent fashion.
5. Place in the oven or grill for approximately 20 minutes.
6. Check to see if the meat flakes. Do not overcook.

Oatmeal and Apples

Directions are for original recipe of 1 bowl

1. Remove apple core and cut apple into slices. 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.

Balsamic Salmon

Directions are for original recipe of 2 serving

1. Combine olive oil, fresh garlic, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes. If the fish is over 1" thick, you may have to turn once halfway through the broiling.
4. Serve with extra balsamic vinegar to taste.

Quick Grapefruit

Directions are for original recipe of 1 serving

1. Cut grapefruit in half to expose sections. Sprinkle with brown sugar and enjoy.

Fast Oatmeal

Directions are for original recipe of 1 bowl

1. Add the oats, water and raisins together and put in the microwave for 45 seconds. Stir once and then microwave again for 45 seconds. Set it aside for a couple of minutes to absorb more liquid. Then sprinkle with cinnamon and brown sugar.

Garlic Green Beans with Tofu

Directions are for original recipe of 2 serving

1. 1. Rinse the beans and snip off their ends.
2. 2. In a wok or nonstick skillet, warm the oil over medium heat. Add the beans and garlic and saute for 5 minutes, stirring continuously.
3. 3. Add the tofu and cook for 5 more minutes.

Carrot-Orange Juice

Directions are for original recipe of 16 fl oz.

1. Chop top off carrots and scrub clean, but don't peel. Cut or peel away orange rind and cut into sections small enough to fit your juicer. Juice oranges first, as its antioxidants will protect the nutrients in the carrots.

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.

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).

Easy Pan-Fried Lemon Chicken

Directions are for original recipe of 1 serving

1. Combine all ingredients into a ziplock bag.
2. Flatten chicken breasts with rolling pin or meat pounder.
3. Optional - Let the chicken marinate for 30 minutes.
4. Heat a skillet over medium-high heat and add oil.
5. Cook chicken 4-5 minutes each side, or until chicken reaches an internal temperature of 165 F.
6. Let meat rest 5 minutes before slicing.

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!

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!

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.

Dill Poached Salmon

Directions are for original recipe of 4 serving

1. Place the salmon fillets in a large pot, and pour in the chicken broth. Bring to a boil, reduce heat to low, and place dill in the pot. Cover, and cook 15 minutes, or until fish is easily flaked with a fork.
2. Each serving is a 6 oz fillet (170 grams before cooking).

Apple Sandwiches with Almond Butter & Granola

Directions are for original recipe of 1 serving

1. Core apple and slice into rings.
2. Spread apple rings with some almond butter, sprinkle with granola, and top with another almond-buttered apple slice. Serve.

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.

Simple fish chowder

Directions are for original recipe of 2 serving

1. Frozen cod or other fish can be used in place of fresh cod.
2. Slice up the celery, and in a stock pot put the undrained tomatoes, celery, oregano, basil, salt and pepper. Bring to a boil over medium heat.
3. Place the fish fillets in the pot. Reduce the heat and cook for 5-10 minutes, or 10-15 if using frozen fillets. Continue cooking until the fish is opaque and flaky and the mixture is heated throughout. Optionally, thin the mixture with water.

Microwaved sweet potato

Directions are for original recipe of 1 potato

1. Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
2. If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

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!

Veggie-Tuna-Mac

Directions are for original recipe of 6 cup

1. Prepare pasta according to directions.
2. Dice all vegetables.
3. Combine ingredients in a large mixing bowl. Makes a really filling lunch that's easy to pack.