

Your Meal Plan

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Day 1

1914 Calories • 187g Carbs (25g Fiber) • 60g Fat • 162g Protein

BREAKFAST

516 Cal • 56g Carbs (0g Fiber) • 10g Fat • 50g Protein



Vanilla protein milkshake
1 shake • 379 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 shake:
1/2 cup Vanilla ice cream
30 grams Whey protein powder
1 cup Reduced fat milk



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

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

LUNCH

550 Cal • 82g Carbs (16g Fiber) • 21g Fat • 18g Protein



Hummus pocket sandwich
1 pocket • 445 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 pocket:
3 cherry Tomatoes
1 pita, large (6-1/2" dia) Pita bread
1/2 cup Hummus
1/4 cup Alfalfa sprouts
1/2 tbsp Olive oil



Banana
1 banana • 105 Cal
[Directions](#) | [Full Recipe](#)

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

DINNER

848 Cal • 49g Carbs (9g Fiber) • 29g Fat • 94g Protein



Citrus Broiled Alaska Salmon
2 serving • 736 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
3 large (3-1/16" dia) Oranges
48 oz Atlantic salmon
1 1/2 tsp Red wine vinegar
3/8 cup chopped Onions
1 1/2 tsp Pepper



Microwaved sweet potato
1 potato • 112 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 potato:
1 sweetpotato, 5" long Sweet potato

Day 2

2000 Calories • 197g Carbs (32g Fiber) • 61g Fat • 172g Protein

BREAKFAST

727 Cal • 72g Carbs (21g Fiber) • 23g Fat • 60g Protein



Chia Seed Papaya Shake

2 serving • 443 Cal

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

Ingredients for 2 serving:

2 1/2 cup Almond milk

4 tbsp Chia seeds

1 cup, cubes Papayas



Nonfat greek yogurt

2 cup • 283 Cal

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

Ingredients for 2 cup:

2 cup Nonfat greek yogurt

LUNCH

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



Citrus Broiled Alaska Salmon

2 serving • 736 Cal

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

Leftovers, eat 2 serving

DINNER

538 Cal • 102g Carbs (5g Fiber) • 9g Fat • 20g Protein



Bow Ties with Veggies

2 serving • 512 Cal

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

Ingredients for 2 serving:

1/2 dash Pepper

1/2 dash Salt

4 oz Whole wheat pasta

0.824 medium Zucchini

1/2 tbsp Olive oil

1/2 large Onions



Celery

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

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

Celery

Day 3

1989 Calories • 204g Carbs (49g Fiber) • 59g Fat • 159g Protein

BREAKFAST

587 Cal • 74g Carbs (35g Fiber) • 23g Fat • 17g Protein



Mango Chia Pudding

1 serving • 464 Cal

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

Ingredients for 1 serving:

1 cup Almond milk

1 fruit without refuse Mangos

4 tbsp Chia Seeds



Oranges

2 fruit • 123 Cal

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

Ingredients for 2 fruit:

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

LUNCH

736 Cal • 23g Carbs (5g Fiber) • 29g Fat • 92g Protein



Citrus Broiled Alaska Salmon
2 serving • 736 Cal

Leftovers, eat 2 serving

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

DINNER

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal

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

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

2 cup spiral shaped Macaroni
2 can (303 x 406) Corn
2 can Tuna

Day 4

2071 Calories • 217g Carbs (38g Fiber) • 58g Fat • 170g Protein

BREAKFAST

604 Cal • 42g Carbs (19g Fiber) • 19g Fat • 59g Protein



Match Green Tea Chia Pudding
1 serving • 320 Cal

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

Ingredients for 1 serving:

1 cup Almond milk
3 tbsp Chia Seeds
2 tsp Honey
1/2 teaspoons Matcha Green Tea Mix
1 dash Salt



Nonfat greek yogurt
2 cup • 283 Cal

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

Ingredients for 2 cup:

2 cup Nonfat greek yogurt

LUNCH

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal

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

Leftovers, eat 2 bowl

DINNER

802 Cal • 68g Carbs (10g Fiber) • 32g Fat • 61g 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



Potatoes and Peppers
1 serving • 457 Cal

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

Ingredients for 1 serving:

1/4 dash Pepper
1/4 dash Salt
0.083 cup Olive oil
1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1/4 onion Onions
1 1/2 Potato medium (2-1/4" to 3-1/4" dia) Potato

Day 5

2004 Calories • 223g Carbs (38g Fiber) • 54g Fat • 177g Protein

BREAKFAST

699 Cal • 43g Carbs (5g Fiber) • 6g Fat • 117g Protein



Blueberry protein pudding
2 serving • 699 Cal

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

Ingredients for 2 serving:

7 oz Nonfat greek yogurt
4 scoop (30g) Whey protein powder
7.055 oz Blueberries, frozen

LUNCH

640 Cal • 72g Carbs (23g Fiber) • 41g Fat • 10g Protein



Apples and Peanut Butter
2 apple • 318 Cal

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

Ingredients for 2 apple:

2 medium (3" dia) Apples
4 tsp Peanut butter



Avocado
1 avocado • 322 Cal

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

Ingredients for 1 avocado:

1 fruit Avocados

DINNER

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal

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

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

3 cup spiral shaped Macaroni
3 can (303 x 406) Corn
3 can Tuna

Day 6

1933 Calories • 205g Carbs (25g Fiber) • 52g Fat • 174g Protein

BREAKFAST

666 Cal • 77g Carbs (8g Fiber) • 9g Fat • 73g Protein



Tropical Skin Cleanser Green Smoothie

1 serving • 391 Cal

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

Ingredients for 1 serving:

1 1/2 cup Spinach
1 cup Coconut water (liquid from coconuts)
1 cup, crushed, sliced, or chunks Pineapple
1/4 fruit, without skin and seed Avocados
1 2/3 scoop (30g) Whey protein powder



Nonfat yogurt
2 bowl • 274 Cal

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

Ingredients for 2 bowl:

2 cup (8 fl oz) Nonfat yogurt

LUNCH

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein



Macaroni Goulash
2 bowl • 665 Cal

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

Leftovers, eat 2 bowl

DINNER

603 Cal • 21g Carbs (7g Fiber) • 36g Fat • 51g Protein

**7 minutes "Quick Broiled Salmon"**

1 fillet • 348 Cal

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

Ingredients for 1 fillet:

1/2 fillet Atlantic salmon

1 1/2 tbsp Lemon juice

1/2 clove Garlic

1/2 tbsp Olive oil

**Peanut Butter & Celery**

1 serving • 209 Cal

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

Ingredients for 1 serving:

2 tbsp Peanut butter

2 stalks, large (11 inches long) Celery

**Zucchini Spears**

1 serving • 46 Cal

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

Ingredients for 1 serving:

0.083 tsp Salt

0.833 large Zucchini

Day 7

1966 Calories • 198g Carbs (23g Fiber) • 56g Fat • 180g Protein

BREAKFAST

670 Cal • 69g Carbs (9g Fiber) • 20g Fat • 61g Protein

**Oatmeal Banana Peanut Butter Chocolate Shake**

1 shake • 670 Cal

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

Ingredients for 1 shake:

60 grams Whey protein powder

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

1/2 cup Oatmeal

2 tbsp Peanut butter

2 cup Water

LUNCH

665 Cal • 108g Carbs (10g Fiber) • 7g Fat • 50g Protein

**Macaroni Goulash**

2 bowl • 665 Cal

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

Leftovers, eat 2 bowl

DINNER

631 Cal • 21g Carbs (4g Fiber) • 29g Fat • 69g Protein

**Caprese chicken**

2 serving • 550 Cal

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

Ingredients for 2 serving:

1/2 tbsp Olive oil

1/2 lb Chicken breast

1/2 tsp Salt

1/2 tsp Pepper

1/8 cup Balsamic vinegar

1 cloves, minced Garlic

12 1/2 cherry Tomatoes

1 tbsp, chopped Basil

2 oz Mozzarella cheese

**Garlic Kale**

1 serving • 81 Cal

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

Ingredients for 1 serving:

1/2 cup, chopped Kale

1/2 tbsp Olive oil

1 cloves, minced Garlic

Recipe directions

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

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.

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.

Citrus Broiled Alaska Salmon

Directions are for original recipe of 8 serving

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top. Sprinkle with green onions and cracked black pepper. Broil 1 minute longer.

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.

Chia Seed Papaya Shake

Directions are for original recipe of 1 serving

1. Mix all in blender until smooth.

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.

Bow Ties with Veggies

Directions are for original recipe of 4 serving

1. Chop onion & zucchini.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. In a skillet over medium heat, saute zucchini and onion in olive oil until tender. Toss farfalle pasta with vegetables and season with salt and pepper; serve.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

Mango Chia Pudding

Directions are for original recipe of 1 serving

1. Peel and pit mango, then cut into cubes. Quickly pulse mango in a food processor or blender, to remove any chunks or stringiness. Stir together mango puree and milk in a medium-sized mixing bowl. Add chia seeds and combine thoroughly. Cover and chill for at least 2 hours to overnight, stirring occasionally. Stir well before serving.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Macaroni Goulash

Directions are for original recipe of 2 bowl

1. Cook macaroni as per directions on box.
2. Add drained tuna and corn.

Match Green Tea Chia Pudding

Directions are for original recipe of 1 serving

1. Mix together almond milk, honey, matcha, and salt until well combined. In a bowl, pour in chia seeds then the matcha almond milk mixture. Stir to coat chia seeds with the liquid. Refrigerate.
2. 10 minutes later, stir again well. Keep in refrigerator for at least 2 hours or overnight. Dust the top with a little matcha before serving.

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.

Potatoes and Peppers

Directions are for original recipe of 4 serving

1. Slice bell peppers into rings. Slice potatoes.
2. Heat oil in a large frying pan over medium-high heat. Fry the potatoes for 5 minutes, then add the peppers and onions. Season with salt and pepper. Cook for at least 15 minutes, turning potatoes frequently, or until potatoes start to look mushy.

Blueberry protein pudding

Directions are for original recipe of 1 serving

1. Blend ingredients in a mixer until mixture is thick enough to stay on a spoon.

Apples and Peanut Butter

Directions are for original recipe of 1 apple

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

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.

Tropical Skin Cleanser Green Smoothie

Directions are for original recipe of 1 serving

1. Blend spinach and coconut water until smooth.
2. Add remaining ingredients, and blend until smooth.

7 minutes "Quick Broiled Salmon"

Directions are for original recipe of 2 fillet

1. PREP: Cut salmon in half (or buy two 1/2 fillets)
2. 1. Preheat broiler on high and place an all stainless steel skillet or cast iron pan under the heat for about 10 minutes to get it very hot. Pan should be 5 to 7 inches from the heat source
3. while pan is heating, chop or press garlic and let sit for 5 minutes
4. Rub salmon with 2 tsp fresh lemon juice, salt, and pepper. (you can broil with skin on, just takes a minute or two longer. Skin peels off after cooking)
5. Using a hot pad, pull pan away from heat and place Salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes, depending on thickness. Test with a fork for done-ness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
6. Dress with olive oil, 1 tbsp lemon juice, garlic and salt and pepper to taste.

Peanut Butter & Celery

Directions are for original recipe of 1 serving

1. Spread peanut butter on celery and enjoy!

Zucchini Spears

Directions are for original recipe of 6 serving

1. Cut zucchini lengthwise and cut into 1/4 inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.

Oatmeal Banana Peanut Butter Chocolate Shake

Directions are for original recipe of 1 shake

1. Put all ingredients into blender. Blend until smooth. Use unsweetened almond milk (30 calories, 1g carbohydrate, 1g protein, 0g fat per cup) in place of water if you prefer a creamier shake.

Caprese chicken

Directions are for original recipe of 4 serving

1. In a large skillet over medium-high heat, heat oil.
2. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.
3. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.
4. Stir in basil.
5. Return chicken to skillet and nestle in tomatoes. Top with a slice of mozzarella and cover with lid to melt cheese.
6. Spoon tomatoes over chicken and serve.
7. Serve on top of pasta or rice for complete meal.

Garlic Kale

Directions are for original recipe of 4 serving

1. Tear the kale leaves into bite-size pieces from the thick stems; discard the stems.
2. Heat the olive oil in a large pot over medium heat. Cook and stir the garlic in the hot oil until softened, about 2 minutes. Add the kale and continue cooking and stirring until the kale is bright green and wilted, about 5 minutes more.