

Your Meal Plan

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Day 1

2192 Calories • 142g Carbs (50g Fiber) • 89g Fat • 192g Protein

BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



Match Green Tea Chia Pudding

2 serving • 641 Cal

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

Ingredients for 2 serving:

- 2 cup Almond milk
- 6 tbsp Chia Seeds
- 4 tsp Honey
- 1 teaspoons Matcha Green Tea Mix
- 2 dash Salt

LUNCH

972 Cal • 42g Carbs (6g Fiber) • 25g Fat • 144g Protein



Cottage cheese and salsa

2 serving • 688 Cal

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

Ingredients for 2 serving:

- 4 cup, (not packed) Cottage cheese
- 8 tbsp Salsa



Keto protein shake

1 shake • 120 Cal

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

Ingredients for 1 shake:

- 1 cup Water
- 30 grams Whey protein powder



Almonds

1 ounce • 164 Cal

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

Ingredients for 1 ounce:

- 1 oz (23 whole kernels) Almonds

DINNER

579 Cal • 51g Carbs (7g Fiber) • 30g Fat • 28g Protein



Honey-Mustard Chicken-Sausage Kebabs

2 serving • 579 Cal

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

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):

- 2 tbsp Light mayonnaise
- 8 link Sausage
- 12 tbsp Dijon mustard
- 8 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
- 4 tbsp Honey
- 8 tbsp Reduced fat milk

Day 2

2272 Calories • 141g Carbs (18g Fiber) • 128g Fat • 146g Protein

BREAKFAST

586 Cal • 9g Carbs (5g Fiber) • 55g Fat • 19g Protein



Over Easy Eggs
2 serving • 194 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 extra large Egg
1 tsp Margarine



Pecans
2 ounce • 392 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz (19 halves per) Pecans

LUNCH

868 Cal • 76g Carbs (10g Fiber) • 45g Fat • 42g Protein



Honey-Mustard Chicken-Sausage Kebabs
3 serving • 868 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

818 Cal • 56g Carbs (3g Fiber) • 28g Fat • 84g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula
1 serving • 334 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Olive oil
1/4 dash Salt
3/4 tbsp Balsamic vinegar
1/2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
1 cup Arugula
1/4 large Onions
3/4 tbsp Honey
114 1/4 grams Italian sausage



Basic protein shake
2 cup • 484 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
60 grams Whey protein powder
2 cup Reduced fat milk

Day 3

2236 Calories • 126g Carbs (48g Fiber) • 120g Fat • 147g Protein

BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



Match Green Tea Chia Pudding
2 serving • 641 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 cup Almond milk
6 tbsp Chia Seeds
4 tsp Honey
1 teaspoons Matcha Green Tea Mix
2 dash Salt

LUNCH

868 Cal • 76g Carbs (10g Fiber) • 45g Fat • 42g Protein



Honey-Mustard Chicken-Sausage Kebabs

3 serving • 868 Cal

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

Leftovers, eat 3 serving

DINNER

727 Cal • 1g Carbs (0g Fiber) • 41g Fat • 85g Protein



Roasted Salmon

3 serving • 727 Cal

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

Ingredients for 9 serving (eat 3 serving now, save 6 serving for leftovers):

45 oz Atlantic salmon

9 tsp Olive oil

4 1/2 tsp, leaves Tarragon

4 1/2 tbsp chopped Chives

Day 4

2236 Calories • 166g Carbs (21g Fiber) • 90g Fat • 187g Protein

BREAKFAST

758 Cal • 74g Carbs (0g Fiber) • 19g Fat • 71g Protein



Vanilla protein milkshake

2 shake • 758 Cal

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

Ingredients for 2 shake:

1 cup Vanilla ice cream

60 grams Whey protein powder

2 cup Reduced fat milk

LUNCH

727 Cal • 1g Carbs (0g Fiber) • 41g Fat • 85g Protein



Roasted Salmon

3 serving • 727 Cal

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

Leftovers, eat 3 serving

DINNER

751 Cal • 91g Carbs (21g Fiber) • 30g Fat • 31g Protein



Honey-Mustard Chicken-Sausage Kebabs

2 serving • 579 Cal

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

Ingredients for 2 serving:

1/2 tbsp Light mayonnaise

2 link Sausage

3 tbsp Dijon mustard

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

1 tbsp Honey

2 tbsp Reduced fat milk



Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots

Day 5

2164 Calories • 91g Carbs (33g Fiber) • 136g Fat • 143g Protein

BREAKFAST

712 Cal • 32g Carbs (24g Fiber) • 58g Fat • 15g 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



Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

- 2 oz (19 halves per) Pecans

LUNCH

727 Cal • 1g Carbs (0g Fiber) • 41g Fat • 85g Protein



Roasted Salmon

3 serving • 727 Cal

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

Leftovers, eat 3 serving

DINNER

725 Cal • 58g Carbs (8g Fiber) • 37g Fat • 43g Protein



Grilled Italian Sausage with Peppers, Onions and Arugula

2 serving • 667 Cal

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

Ingredients for 2 serving:

- 1 tbsp Olive oil
- 1/2 dash Salt
- 1 1/2 tbsp Balsamic vinegar
- 1 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper
- 2 cup Arugula
- 1/2 large Onions
- 1 1/2 tbsp Honey
- 228 1/2 grams Italian sausage



Balsamic Asparagus

1 serving • 57 Cal

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

Ingredients for 1 serving:

- 6 spear, large (7-1/4" to 8-1/2") Asparagus
- 1/4 tbsp Olive oil
- 1/4 tbsp Balsamic vinegar

Day 6

2228 Calories • 132g Carbs (19g Fiber) • 111g Fat • 176g Protein

BREAKFAST

793 Cal • 17g Carbs (5g Fiber) • 59g Fat • 50g Protein



Low Carb Eggs in a Nest

2 serving • 793 Cal

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

Ingredients for 2 serving:

- 4 cup, sliced Zucchini
- 4 strip Bacon
- 1/2 cup, shredded Cheddar cheese
- 4 large Egg
- 1 dash Salt
- 1 dash Pepper

LUNCH

746 Cal • 43g Carbs (13g Fiber) • 34g Fat • 71g 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



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



Almonds
2 ounce • 328 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:
2 oz (23 whole kernels) Almonds

DINNER

689 Cal • 72g Carbs (2g Fiber) • 19g Fat • 55g Protein



Barbeque Chicken
2 serving • 689 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):
1.32 cup (8 fl oz) Barbecue sauce
2 tbsp Butter
2 tbsp Worcestershire sauce
1.32 tsp Garlic powder
4 half breast (fillet) Chicken breast

Day 7

2181 Calories • 165g Carbs (48g Fiber) • 107g Fat • 130g Protein

BREAKFAST

641 Cal • 49g Carbs (38g Fiber) • 35g Fat • 20g Protein



Match Green Tea Chia Pudding
2 serving • 641 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 cup Almond milk
6 tbsp Chia Seeds
4 tsp Honey
1 teaspoons Matcha Green Tea Mix
2 dash Salt

LUNCH

689 Cal • 72g Carbs (2g Fiber) • 19g Fat • 55g Protein



Barbeque Chicken
2 serving • 689 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

852 Cal • 44g Carbs (8g Fiber) • 54g Fat • 55g Protein



Keto Portobello Mushroom Pizza
2 serving • 806 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 mushroom, whole Mushrooms
8 oz Sausage
4 tbsp Tomato sauce
8 tbsp, shredded Cheddar cheese



Zucchini Spears
1 serving • 46 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
0.083 tsp Salt
0.833 large Zucchini

Recipe directions

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.

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.

Keto protein shake

Directions are for original recipe of 1 shake

1. Stir the whey into the water and drink. Ideally use flavored whey, but if you only have unflavored, add in a tiny bit of sweetener and cocoa powder to make it more palatable (both have a negligible amount of carbs).

Honey-Mustard Chicken-Sausage Kebabs

Directions are for original recipe of 4 serving

1. PREPARATION: Cut each sausage into 6 pieces. Slice each bell pepper into 6 large pieces (and potentially cut each piece in half again short ways if it makes them stay on the skewers easier).
2. Whisk mustard, honey, and mayonnaise in small bowl to blend. Thread 3 sausage pieces alternatively with 3 pepper slices onto each of 8 skewers and place on baking sheet. Brush with milk; sprinkle with salt and pepper.
3. Grill skewers until vegetables are lightly charred and crisp-tender and sausage is heated through, turning occasionally and brushing with mustard mixture during last 1 or 2 minutes, about 8 minutes total.
4. Arrange skewers on platter. Brush with any remaining mustard mixture.

Over Easy Eggs

Directions are for original recipe of 2 serving

1. Melt 1 small teaspoon of margarine in a pan
2. Fry 2 eggs in a pan with a pot lid over top for about 2 minutes. Be careful not to break the yolks!

Grilled Italian Sausage with Peppers, Onions and Arugula

Directions are for original recipe of 4 serving

1. Preheat the grill. Mix together the balsamic vinegar and honey in a small bowl and set aside.
2. Coat the onion, peppers and sausages with 2 tbsp. olive oil. Add a dash of salt to the peppers and onion. Coat the grill grates with a little olive oil. Put the onion wedges on the grill and cover the grill. Let the onions roast for 5 minutes, or until they are a little charred. Turn the onions and move them to a cooler part of the grill to finish.
3. If your grill has two levels, place the sausages on the top part of the grill and the peppers directly below them. Done this way, as the sausages drip juice and fat, it will fall on the peppers, flavoring them while simultaneously preventing flare-ups. If your grill does not have two levels, put the peppers on the hottest part of the grill and the sausages on the coolest. Cover and grill everything for 15 to 20 minutes or so, periodically checking and turning the sausages and peppers as needed. Towards the end of cooking, baste the sausages, peppers and onions with the honey and balsamic mixture.
4. When the sausages are cooked through and the peppers and onions cooked, remove them from the grill to a sheet pan or large bowl. If you want, pick off some or all of the charred skin on the peppers. Cut the peppers into long strips, and slice the root end off the onions to separate the pieces. Cut the sausages into thirds. Mix everything well in the pan or bowl.
5. To serve, place a bed of baby arugula on the serving plates and top with the sausage, peppers and onion.

Basic protein shake

Directions are for original recipe of 1 cup

1. Add whey to milk, stir until no chunks of whey are left in the milk.

Roasted Salmon

Directions are for original recipe of 1 serving

1. PREPARATION: Chop chives.
2. Preheat oven to 425°F.
3. Rub salmon all over with 1 teaspoon oil and season with salt and pepper. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes. Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin, then drizzle salmon with oil and sprinkle with herbs.

Vanilla protein milkshake

Directions are for original recipe of 1 shake

1. Mix in blender.

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).

Balsamic Asparagus

Directions are for original recipe of 4 serving

1. Prepare asparagus by washing and snapping off tough end.
2. Heat oil in frying pan.
3. Add asparagus and keep moving around in pan until changes colour (approx 3-5 minutes) add balsamic vinegar and the pepper sprinkling over all of the asparagus.
4. Remove from heat and cover for a few minutes to let flavours develop. Serve.

Low Carb Eggs in a Nest

Directions are for original recipe of 2 serving

1. Spiralize, shred, or julienne zucchini into thin slices or "noodles." Cut bacon slices in half, then cut them lengthwise into ¼ inch thick strips - like bacon noodles.
2. In a heavy saute pan, cook the bacon for about 3 minutes. Add the zucchini and mix well. Season with salt and pepper and spread out within the pan evenly. Flatten slightly, creating four depressions for the eggs.
3. Sprinkle with the cheese. Break one egg into each dent. Cook on medium-high heat for about 3 minutes, then cover and cook for an additional 2-4 minutes, or until the eggs are cooked to your liking and the bottom is crispy. Serve hot.

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).

Barbeque Chicken

Directions are for original recipe of 2 serving

1. Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
2. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

Keto Portobello Mushroom Pizza

Directions are for original recipe of 1 serving

1. Preheat the oven to 350F.
2. Cook sausage in a skillet over medium heat until cooked through. If not using ground sausage, remove sausage from casing and break up while cooking.
3. Rinse mushrooms and wipe away any dirt. Using a knife remove the stem carefully.
4. Place mushrooms on a baking sheet and add half of the marinara, sausage, and cheese to each. Bake for 12-15 minutes (until cheese is golden). 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.