

## Your Meal Plan

To make changes or re-build this plan, log in at [www.EatThisMuch.com](http://www.EatThisMuch.com)

Jump to [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

If these links don't work, scroll to the bottom to make sure the whole email is loaded.

### Day 1

2189 Calories • 195g Carbs (32g Fiber) • 83g Fat • 179g Protein

#### BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich  
2 sandwich • 732 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:  
4 large Egg  
4 tbsp Light mayonnaise  
4 tsp Dijon mustard  
2 dash Salt  
2 dash Pepper  
4 slice Whole-wheat bread

#### LUNCH

867 Cal • 31g Carbs (10g Fiber) • 38g Fat • 106g Protein



Cottage Cheese with Spicy Tuna  
2 serving • 457 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup, (not packed) Cottage cheese  
1 tsp Dill  
2 can Tuna  
2 tsp Sriracha Sauce



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

590 Cal • 107g Carbs (14g Fiber) • 8g Fat • 33g Protein



Penne With Pinto Beans  
2 serving • 590 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 8 serving (eat 2  
serving now, save 6 serving for  
leftovers):  
3.2 can Tomatoes  
1.6 package (10 oz) Spinach  
0.8 cup Parmesan cheese  
12.8 oz Whole wheat pasta  
3.2 cup Pinto beans

## Day 2

2213 Calories • 248g Carbs (45g Fiber) • 98g Fat • 108g Protein

### BREAKFAST

691 Cal • 18g Carbs (4g Fiber) • 54g Fat • 32g Protein



#### Pesto Scrambled Eggs

2 pan • 553 Cal

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

Ingredients for 2 pan:

1 tbsp Butter

4 large Egg

2 tbsp Basil Pesto



#### Buttered Toast

1 slice • 138 Cal

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

Ingredients for 1 slice:

1 slice Whole-wheat bread

2 tsp Butter

### LUNCH

885 Cal • 161g Carbs (21g Fiber) • 11g Fat • 49g Protein



#### Penne With Pinto Beans

3 serving • 885 Cal

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

Leftovers, eat 3 serving

### DINNER

637 Cal • 69g Carbs (20g Fiber) • 32g Fat • 27g Protein



#### Canned Vegetable Soup with Tofu

2 cups • 272 Cal

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

Ingredients for 2 cups:

1 can (10.5 oz) Vegetarian vegetable soup

150 grams Tofu

2 tbsp Parsley



#### Artichokes

2 serving • 365 Cal

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

Ingredients for 2 serving:

2 artichoke, large Artichokes

2 tbsp Butter

2 cloves, minced Garlic

1 dash Salt

1 dash Pepper

## Day 3

2226 Calories • 167g Carbs (21g Fiber) • 100g Fat • 175g Protein

### BREAKFAST

793 Cal • 2g Carbs (0g Fiber) • 73g Fat • 33g Protein



#### Low Carb Asiago Baked Eggs

2 serving • 793 Cal

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

Ingredients for 2 serving:

4 tbsp Butter

4 large Egg

1 oz Asiago Italian

### LUNCH

885 Cal • 161g Carbs (21g Fiber) • 11g Fat • 49g Protein



#### Penne With Pinto Beans

3 serving • 885 Cal

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

Leftovers, eat 3 serving

### DINNER

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



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

Ingredients for 8 serving (eat 2 serving now, save 6 serving for leftovers):  
2 tsp Grill Creations Smokey Mesquite Seasoning  
2 tsp Salt  
64 oz Trout  
8 tsp Garlic

## Day 4

2183 Calories • 102g Carbs (22g Fiber) • 88g Fat • 242g Protein

### BREAKFAST

732 Cal • 56g Carbs (7g Fiber) • 37g Fat • 40g Protein



Egg Salad Sandwich  
2 sandwich • 732 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:  
4 large Egg  
4 tbsp Light mayonnaise  
4 tsp Dijon mustard  
2 dash Salt  
2 dash Pepper  
4 slice Whole-wheat bread

### LUNCH

822 Cal • 6g Carbs (0g Fiber) • 24g Fat • 140g Protein



Mesquite Garlic Trout  
3 serving • 822 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

### DINNER

629 Cal • 39g Carbs (14g Fiber) • 26g Fat • 62g Protein



Scallion Crusted Artichoke  
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



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



Sea Salt Edamame  
2 serving • 294 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 dash Salt  
200 grams Soybeans

## Day 5

2185 Calories • 143g Carbs (22g Fiber) • 80g Fat • 219g Protein

### BREAKFAST

648 Cal • 30g Carbs (4g Fiber) • 38g Fat • 45g Protein



Southwestern Eggs  
2 Serving • 507 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 Serving:  
4 large Egg  
2 tbsp Salsa  
2 oz Mexican cheese



Whole Wheat Toast  
2 serving • 141 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 slice Whole-wheat bread

### LUNCH

822 Cal • 6g Carbs (0g Fiber) • 24g Fat • 140g Protein



Mesquite Garlic Trout  
3 serving • 822 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

### DINNER

715 Cal • 107g Carbs (18g Fiber) • 18g Fat • 35g Protein



Canned Vegetable Soup with Tofu  
4 cups • 543 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 4 cups:  
2 can (10.5 oz) Vegetarian vegetable soup  
300 grams Tofu  
4 tbsp Parsley



Carrots  
2 cup • 172 Cal  
[Directions](#) | [Full Recipe](#)

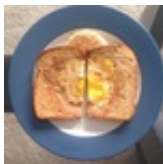
Ingredients for 2 cup:  
2 cup Baby carrots

## Day 6

2143 Calories • 222g Carbs (28g Fiber) • 89g Fat • 120g Protein

### BREAKFAST

669 Cal • 42g Carbs (3g Fiber) • 25g Fat • 69g Protein



Egg in a Basket  
2 slice • 386 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 slice:  
2 large Egg  
1 dash Salt  
1 dash Pepper  
1 tbsp Butter  
2 slice Whole-wheat bread



Nonfat greek yogurt  
2 cup • 283 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:  
2 cup Nonfat greek yogurt

### LUNCH

972 Cal • 84g Carbs (11g Fiber) • 56g Fat • 38g Protein



Peanut butter and jelly  
2 sandwich • 742 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 sandwich:  
4 slice regular Multi-grain bread  
2 tsp Butter  
3 tbsp Peanut butter  
2 tbsp Jams and preserves



Cheese slices  
2 serving • 230 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 oz Cheddar cheese

## DINNER

502 Cal • 95g Carbs (14g Fiber) • 9g Fat • 13g Protein



Borboletas  
2 serving • 502 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 5 serving (eat 2 serving now, save 3 serving for leftovers):  
10 oz Pasta  
2 1/2 oz Feta cheese  
5/8 medium Cucumber  
0.156 cup Italian dressing  
5/8 large whole (3" dia) Tomatoes  
5/8 tsp, ground Oregano

## Day 7

2141 Calories • 215g Carbs (37g Fiber) • 96g Fat • 112g Protein

## BREAKFAST

590 Cal • 5g Carbs (0g Fiber) • 35g Fat • 60g Protein



Cheese Egg White Omelette  
2 omelette • 590 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelette:  
2 large Egg  
2 dash Salt  
1/2 cup, shredded Mozzarella cheese  
2 dash Pepper  
8 egg white (separated from yolk)  
Egg white  
1 tbsp Butter

## LUNCH

753 Cal • 143g Carbs (20g Fiber) • 13g Fat • 20g Protein



Borboletas  
3 serving • 753 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

## DINNER

798 Cal • 68g Carbs (16g Fiber) • 48g Fat • 32g Protein



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

Ingredients for 2 serving:  
2 tbsp Olive oil  
4 cloves, minced Garlic  
1/2 lb Tofu  
4 cup 1/2" pieces Green beans



Granola  
2 ounce • 277 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:  
2 oz Granola

## Recipe directions

### **Egg Salad Sandwich**

Directions are for original recipe of 1 sandwich

1. Hard boil eggs: Place the eggs in a single layer at the bottom of a saucepan. Cover with at least an inch or two of cold water. Heat the pot on high heat and bring the water to a full rolling boil. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 15 minutes. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.
2. Peel and chop hard boiled eggs once they've cooled a bit. Add mayo, mustard, salt, and pepper.
3. Mix well and spread on bread or toast to make a sandwich.

### **Cottage Cheese with Spicy Tuna**

Directions are for original recipe of 1 serving

1. Drain tuna. Mix in bowl with cottage cheese and sriracha sauce. Enjoy!

### **Cauliflower and Tahini**

Directions are for original recipe of 1 serving

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

### **Penne With Pinto Beans**

Directions are for original recipe of 5 serving

1. Cook pasta according to package directions (any type will work, but penne is ideal).
2. In large saucepan, combine the tomatoes and beans, and bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes.
4. Add spinach, cook and stir for 2 minutes, or until spinach is wilted.
5. Drain pasta, top with the tomato mixture. Sprinkle with cheese.

### **Pesto Scrambled Eggs**

Directions are for original recipe of 2 pan

1. Melt the butter in a skillet over medium heat.
2. Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two. A heat resistant silicone spatula works best.
3. About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
4. Once the eggs are no longer runny, they are done.
5. Serve with extra pesto.

### **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!

### **Canned Vegetable Soup with Tofu**

Directions are for original recipe of 2 cups

1. Prepare soup as directed on can. Cut tofu into 1/2 inch cubes. Add to soup and bring to a boil. Serve in a bowl. Sprinkle minced parsley. Serve with crackers if desired.

### **Artichokes**

Directions are for original recipe of 2 serving

1. Fill the pan with just enough water to cover bottom. Bring to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
2. When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.

### **Low Carb Asiago Baked Eggs**

Directions are for original recipe of 2 serving

1. Preheat oven to 350°F. Using a small amount of the butter, butter two ramekins or 2 cup baking bowls. Split the remaining butter between prepared bowls.
2. Place one ramekin in the microwave for about 30 seconds on high to melt butter. Repeat with other.
3. Drop two whole eggs into each bowl. Top each with 1 tablespoon of grated cheese. Bake in oven for 15 minutes or until egg whites become white. Serve hot.

### **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.

### **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.

### **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).

### **Sea Salt Edamame**

Directions are for original recipe of 1 serving

1. Cook edamame in microwave, about 2 minutes.
2. Sprinkle salt over.
3. Just eat the beans, not the pods.

### **Southwestern Eggs**

Directions are for original recipe of 1 Serving

1. Use some vegetable spray to oil the pan. Allow it to warm up on medium heat. Put the eggs in the pan and scramble. Lower the heat. Add salsa and crumble cheese. Stir until firm and then 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.

### **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).

### **Egg in a Basket**

Directions are for original recipe of 2 slice

1. Using a biscuit cutter or a glass, cut a hole in the center of each slices of bread.  
2. Melt the butter in a non stick skillet over medium low heat, add the slices of bread (with the hole in the center) and crack an egg right in the center.  
3. Season the egg lightly with salt and pepper and let it cook for 1 to 2 minutes on each side. Make sure you also add the pieces of the bread that you have cut out, place them in the skillet along with the eggs in a basket and cook that for the same amount of time.

### **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.

### **Peanut butter and jelly**

Directions are for original recipe of 1 sandwich

1. Optionally toast the bread. Spread half a teaspoon of butter on each side of the bread. (1/3 tablespoon butter = 1 teaspoon)  
2. Cover one slice with peanut butter, the other slice with jam, put together and eat.

### **Cheese slices**

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

### **Borboletas**

Directions are for original recipe of 8 serving

1. Chop cucumber and tomato.  
2. Bring a large pot of lightly salted water to a boil. Place the farfalle into the pot, cook 8 to 10 minutes, until al dente, and drain.  
3. In a bowl, toss the cooked pasta with the tomato, cucumber, feta cheese, Italian dressing, and oregano.



### **Cheese Egg White Omelette**

Directions are for original recipe of 1 omelette

1. Whisk one whole egg with egg whites season with salt and pepper
2. heat non stick skillet to medium low heat. add butter and allow to melt.
3. when butter is melted add egg and begin to swirl pan until egg covers the entire surface. continue to swirl making sure every part of egg begins to get cooked.
4. add cheese to 1/2 of omelette and fold the other side of the omelette over and allow cheese to melt. about one minute.
5. when omelette is finished gently slide onto plate.

### **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.