

Your Meal Plan

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Day 1

2514 Calories • 120g Carbs (40g Fiber) • 126g Fat • 226g Protein

BREAKFAST

789 Cal • 58g Carbs (17g Fiber) • 41g Fat • 49g Protein



Egg White Avocado & Tomato Scramble

2 serving • 504 Cal

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

Ingredients for 2 serving:

8 egg white (separated from yolk)

Egg white

4 medium raw Plum Tomato

1 fruit, without skin and seed

Avocados

2 dash Salt

2 dash Pepper

2 tsp Sriracha Sauce



Bacon

4 strips • 200 Cal

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

Ingredients for 4 strips:

4 strip Bacon



Blueberries

1 cup • 84 Cal

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

Ingredients for 1 cup:

1 cup Blueberries

LUNCH

840 Cal • 46g Carbs (17g Fiber) • 44g Fat • 66g Protein



Baked Salmon and Asparagus

2 serving • 668 Cal

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

Ingredients for 2 serving:

133 1/3 grams Asparagus

2 tbsp Olive oil

2/3 dash Salt

10 oz, boneless Sockeye salmon

2/3 dash Pepper



Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots

DINNER

886 Cal • 16g Carbs (6g Fiber) • 41g Fat • 111g Protein



Grilled chicken mediterranean
2 breast • 840 Cal

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

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

1 1/2 cup cherry tomatoes Tomatoes
1 1/2 cup Olives
4 1/2 tbsp, drained Capers
4 1/2 tbsp Olive oil
6 breast, bone and skin removed
Chicken breast
6 dash Salt
6 dash Pepper



Zucchini Spears
1 serving • 46 Cal

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

Ingredients for 1 serving:

0.083 tsp Salt
0.833 large Zucchini

Day 2

2534 Calories • 140g Carbs (38g Fiber) • 119g Fat • 229g Protein

BREAKFAST

718 Cal • 79g Carbs (17g Fiber) • 39g Fat • 23g Protein



Zucchini Hash Browns
4 serving • 529 Cal

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

Ingredients for 4 serving:

2 large Egg
2 tsp Garlic powder
2 tsp Onion powder
2 dash Pepper
2 dash Salt
2 tbsp Olive oil
2 large Zucchini



Apple
2 apple • 189 Cal

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

Ingredients for 2 apple:

2 medium (3" dia) Apples

LUNCH

840 Cal • 8g Carbs (4g Fiber) • 40g Fat • 108g Protein



Grilled chicken mediterranean
2 breast • 840 Cal

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

Leftovers, eat 2 breast

DINNER

976 Cal • 53g Carbs (18g Fiber) • 40g Fat • 98g Protein



Roasted Salmon
2 serving • 485 Cal

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

Ingredients for 2 serving:

10 oz Atlantic salmon
2 tsp Olive oil
1 tsp, leaves Tarragon
1 tbsp chopped Chives



Grilled Polenta Chips
2 serving • 491 Cal

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

Ingredients for 2 serving:

4 oz Yellow Polenta
1/2 tbsp Olive oil
3 oz Nutritional Yeast
1/2 dash Pepper
1/2 dash Salt

Day 3

2545 Calories • 141g Carbs (26g Fiber) • 110g Fat • 250g Protein

BREAKFAST

665 Cal • 98g Carbs (13g Fiber) • 21g Fat • 30g Protein



Banana Egg Pancakes

4 pancakes • 496 Cal

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

Ingredients for 4 pancakes:

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

4 large Egg



Blueberries

2 cup • 169 Cal

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

Ingredients for 2 cup:

2 cup Blueberries

LUNCH

840 Cal • 8g Carbs (4g Fiber) • 40g Fat • 108g Protein



Grilled chicken mediterranean

2 breast • 840 Cal

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

Leftovers, eat 2 breast

DINNER

1041 Cal • 35g Carbs (9g Fiber) • 49g Fat • 112g Protein



Arugula Chicken Salad

2 bowl • 1041 Cal

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

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

6 tbsp Olive oil

4 1/2 cup chopped Carrots

3 cup, chopped Red cabbage

6 cup Arugula

6 breast, bone and skin removed
Chicken breast

12 tbsp Italian dressing

30 grams Sunflower seed kernels

Day 4

2410 Calories • 124g Carbs (46g Fiber) • 144g Fat • 170g Protein

BREAKFAST

471 Cal • 53g Carbs (9g Fiber) • 22g Fat • 20g Protein



Basic scrambled eggs

1 serving • 282 Cal

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

Ingredients for 1 serving:

3 large Egg

1/2 tbsp Olive oil

1/2 tbsp chopped Chives

1/2 tbsp, ground Tarragon

1/2 dash Salt

1/2 dash Pepper



Apple

2 apple • 189 Cal

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

Ingredients for 2 apple:

2 medium (3" dia) Apples

LUNCH

1041 Cal • 35g Carbs (9g Fiber) • 49g Fat • 112g Protein



Arugula Chicken Salad
2 bowl • 1041 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 bowl

DINNER

898 Cal • 37g Carbs (28g Fiber) • 73g Fat • 37g Protein



Roasted Salmon
1 serving • 242 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
5 oz Atlantic salmon
1 tsp Olive oil
1/2 tsp, leaves Tarragon
1/2 tbsp chopped Chives



Celery
2 stalks • 13 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 stalks:
2 stalk, medium (7-1/2" - 8" long)
Celery



Avocado
2 avocado • 643 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 avocado:
2 fruit Avocados

Day 5

2444 Calories • 146g Carbs (34g Fiber) • 102g Fat • 236g Protein

BREAKFAST

496 Cal • 55g Carbs (6g Fiber) • 20g Fat • 28g Protein



Banana Egg Pancakes
4 pancakes • 496 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 pancakes:
2 medium (7" to 7-7/8" long) Banana
4 large Egg

LUNCH

1041 Cal • 35g Carbs (9g Fiber) • 49g Fat • 112g Protein



Arugula Chicken Salad
2 bowl • 1041 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 bowl

DINNER

908 Cal • 55g Carbs (19g Fiber) • 33g Fat • 96g Protein



Easy Garlic Chicken
2 serving • 417 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 tbsp Olive oil
1 breast, bone and skin removed
Chicken breast
1 tsp Garlic powder
1/2 tsp Salt
1/2 tsp Onion powder



Grilled Polenta Chips
2 serving • 491 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 oz Yellow Polenta
1/2 tbsp Olive oil
3 oz Nutritional Yeast
1/2 dash Pepper
1/2 dash Salt

Day 6

2519 Calories • 132g Carbs (40g Fiber) • 143g Fat • 200g Protein

BREAKFAST

781 Cal • 14g Carbs (4g Fiber) • 58g Fat • 48g Protein



Denver omelet
2 omelet • 781 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
4 extra large Egg
4 tbsp chopped Onions
1/2 cup, chopped Red bell pepper
4 slice Sliced ham
2 tbsp Olive oil

LUNCH

937 Cal • 86g Carbs (25g Fiber) • 46g Fat • 64g Protein



Paleo Avocado Tuna Salad
2 serving • 727 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 fruit, without skin and seed
Avocados
2 lemon yields Lemon juice
2 tbsp chopped Onions
10 oz Tuna
2 dash Salt
2 dash Pepper



Banana
2 banana • 210 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 banana:
2 medium (7" to 7-7/8" long) Banana

DINNER

801 Cal • 32g Carbs (11g Fiber) • 39g Fat • 88g Protein



Paleo Chicken Spinach
Meatballs
2 serving • 801 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving (eat 2
serving now, save 2 serving for
leftovers):
32 oz crumbled Ground chicken
2 package (10 oz) yields Spinach
2 tsp Curry powder
2 cup, crushed, sliced, or chunks
Pineapple
2 dash Salt
2 dash Pepper

Day 7

2507 Calories • 143g Carbs (29g Fiber) • 135g Fat • 196g Protein

BREAKFAST

781 Cal • 14g Carbs (4g Fiber) • 58g Fat • 48g Protein



Denver omelet
2 omelet • 781 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
4 extra large Egg
4 tbsp chopped Onions
1/2 cup, chopped Red bell pepper
4 slice Sliced ham
2 tbsp Olive oil

LUNCH

838 Cal • 40g Carbs (14g Fiber) • 39g Fat • 89g Protein



Paleo Chicken Spinach Meatballs

2 serving • 801 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

888 Cal • 89g Carbs (12g Fiber) • 38g Fat • 59g Protein



Honey Garlic Salmon

2 serving • 514 Cal

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

Ingredients for 2 serving:

8 oz Coho salmon

2/3 dash Salt

2/3 dash Pepper

2/3 pinch Cayenne pepper

1 1/3 tbsp Honey

2/3 tbsp Water

1 tsp Lemon juice

2/3 tbsp Olive oil

2 cloves, minced Garlic

1/3 fruit without seeds Lemons



Banana

2 banana • 210 Cal

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

Ingredients for 2 banana:

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



Almonds

1 ounce • 164 Cal

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

Ingredients for 1 ounce:

1 oz (23 whole kernels) Almonds

Recipe directions

Egg White Avocado & Tomato Scramble

Directions are for original recipe of 1 serving

1. Turn on stove to medium heat. Spray cooking spray in pan. Whisk egg whites with salt and pepper. Chop tomatoes and avocado. Set aside. Add egg whites to pan and gently stir with rubber spatula. Add tomatoes, cook for one minute. Remove eggs from pan. Add avocado, another dash of salt and pepper and sriracha on top.

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

Baked Salmon and Asparagus

Directions are for original recipe of 3 serving

1. Preheat the oven to 400 degrees F. Clean the asparagus and snip off their woody ends. Arrange them on a baking sheet and toss with half of the oil. Season with salt and pepper.
2. Place the salmon on another baking sheet and drizzle with the remaining oil. Season with salt and black pepper and set in the oven, along with the asparagus, for 20 -25 minutes.
3. While the fish and asparagus are baking, making the Hollandaise sauce. When done, place the asparagus and salmon on a serving plate and top with the Hollandaise sauce. Serve immediately.

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).

Grilled chicken mediterranean

Directions are for original recipe of 4 breast

1. Preheat oven to 475F. Slice olives, rinse capers, and toss together with the tomatoes and 1 tbsp of olive oil in a bowl.
2. Season chicken breasts with salt and pepper to taste. Heat a large oven-proof skillet over high heat (you will be sticking the pan in the oven). Add 1 tbsp olive oil to the pan and quickly sear the chicken on both sides. Change to medium-high heat and add last 1 tbsp of oil and continue to cook until deep golden brown (~4 min).
3. Flip chicken, then add tomato mixture to skillet. Transfer skillet to oven and roast chicken until cooked through and tomatoes have softened (around 15-18 min).
4. Transfer to serving plates and spoon tomato mixture over top to serve.

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.

Zucchini Hash Browns

Directions are for original recipe of 2 serving

1. Slice and steam zucchini until soft on stovetop in a little water. Drain when cooked. Heat oil in skillet.
2. Mash zucchini until you have about 1 cup's worth and mix it together with slightly beaten eggs, salt, pepper, garlic powder and onion powder.
3. Drop by spoonfuls into the hot skillet.
4. After browning on one side flip and brown the other side.

Apple

Directions are for original recipe of 1 apple

1. Simply wash and enjoy, or core and slice the apple for easier eating.

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.

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!

Banana Egg Pancakes

Directions are for original recipe of 2 pancakes

1. Mash the ripe banana.
2. Beat the eggs and stir in the banana.
3. Pour onto lightly oiled frying pan. Flip when bubbles. You can usually make 2 small pancakes per 2 eggs/1 banana.

Arugula Chicken Salad

Directions are for original recipe of 1 bowl

1. Cube the chicken breast, then pan fry the cubed chicken in a non-stick pan with olive oil. Set aside and allow it to cool.
2. Chop red cabbage and carrots.
3. Add arugula, carrots, and cabbage to a large salad bowl.
4. Top salad with sunflower seeds (about 2 teaspoons worth) and cooled chicken.
5. Add your favorite dressing and enjoy. (source: bodybuilding.com)

Basic scrambled eggs

Directions are for original recipe of 2 serving

1. (Feel free to substitute the olive oil with coconut oil, or any oil that fits with your diet)
2. Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
3. Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
4. Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper as needed. Serve immediately.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

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.

Easy Garlic Chicken

Directions are for original recipe of 4 serving

1. Pour olive oil (or your preferred oil, like coconut oil) in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

Denver omelet

Directions are for original recipe of 1 omelet

1. Chop up your onions and bell pepper.
2. Add olive oil to a skillet over medium-high heat. Saute onion, bell pepper, ham in the oil until the onion starts to become translucent.
3. Stir the eggs into the pan, then cook until lightly brown on the bottom. Then flip over and lightly brown the opposite side. Add a dash of salt and pepper if desired. Then eat!

Paleo Avocado Tuna Salad

Directions are for original recipe of 1 serving

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve.

Paleo Chicken Spinach Meatballs

Directions are for original recipe of 2 serving

1. Preheat oven to 375 degrees. Line a large baking sheet with nonstick foil and set aside.
2. Press pineapple in sieve to remove excess juice. Place in large bowl. Cook and drain spinach, squeezing out extra moisture and add to pineapple. Add ground chicken, curry powder, salt and pepper. Mix well using hands.
3. Roll meat mixture into 1 1/2 Tbsp sized balls. Place on prepared baking sheet. Bake in preheated oven for 12-15 minutes or until fully cooked.

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).

Honey Garlic Salmon

Directions are for original recipe of 3 serving

1. Season the salmon with salt, black pepper and cayenne pepper. Set aside.
2. Combine the honey, water, apple cider vinegar or lemon juice and a pinch of salt together in a bowl and mix well.
3. Heat up a skillet and add the olive oil. Pan-fry the salmon until it is almost cooked. Add minced garlic into the pan and brown them. Add the honey mixture and lemon wedges (optional) into the skillet, reduce the sauce until it's sticky.
4. (Optional step) If you want the salmon a bit charred place the salmon in the oven for 1 minute or until the surface becomes slightly charred.