

## Your Meal Plan

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### Day 1

2458 Calories • 276g Carbs (57g Fiber) • 120g Fat • 121g 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

788 Cal • 94g Carbs (26g Fiber) • 40g Fat • 27g Protein



Bell Pepper and Hummus Snack  
2 serving • 201 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper  
4 tbsp Hummus



Peanut Butter & Carrots  
2 serving • 482 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 tbsp Peanut butter  
2 cup chopped Carrots



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

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

#### DINNER

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



Peanut Tofu  
2 serving • 1181 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
18 tbsp Peanut butter  
6 block Tofu  
9 cloves, minced Garlic  
3 tbsp Ginger root  
3 tbsp Brown sugar  
6 tsp Soy sauce  
3 cup 1/2" pieces Green beans  
30 mushroom Mushrooms

## Day 2

2580 Calories • 203g Carbs (51g Fiber) • 136g Fat • 162g Protein

### BREAKFAST

787 Cal • 87g Carbs (16g Fiber) • 22g Fat • 64g Protein



#### Banana oatmeal smoothie

2 shake • 787 Cal

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

#### Ingredients for 2 shake:

1 medium (7" to 7-7/8" long) Banana  
2 cup Almond milk  
1/2 cup Oatmeal  
2 tbsp Peanut butter  
2 scoop Rice protein

### LUNCH

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



#### Peanut Tofu

2 serving • 1181 Cal

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

Leftovers, eat 2 serving

### DINNER

612 Cal • 50g Carbs (17g Fiber) • 36g Fat • 16g Protein



#### Savory chickpea salad

2 serving • 586 Cal

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

#### Ingredients for 2 serving:

10 2/3 oz Chickpeas  
3 1/3 tbsp Vegan Mayo  
2/3 tbsp Pickle relish  
2/3 dash Pepper  
2/3 dash Salt  
2/3 stalks, large (11 inches long)  
Celery



#### Celery

4 stalks • 26 Cal

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

#### Ingredients for 4 stalks:

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

## Day 3

2509 Calories • 242g Carbs (44g Fiber) • 123g Fat • 154g Protein

### BREAKFAST

353 Cal • 88g Carbs (4g Fiber) • 1g Fat • 4g 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

### LUNCH

1181 Cal • 66g Carbs (18g Fiber) • 78g Fat • 82g Protein



#### Peanut Tofu

2 serving • 1181 Cal

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

Leftovers, eat 2 serving

### DINNER

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh  
2 serving • 975 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):  
24 oz Tempeh  
6 cup Mixed vegetables  
6 tsp Soy sauce  
3/4 cup Peanuts  
3 dash Salt  
3 dash Pepper

## Day 4

2472 Calories • 241g Carbs (50g Fiber) • 110g Fat • 152g Protein

### BREAKFAST

787 Cal • 87g Carbs (16g Fiber) • 22g Fat • 64g Protein



Banana oatmeal smoothie  
2 shake • 787 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:  
1 medium (7" to 7-7/8" long) Banana  
2 cup Almond milk  
1/2 cup Oatmeal  
2 tbsp Peanut butter  
2 scoop Rice protein

### LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh  
2 serving • 975 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

### DINNER

710 Cal • 66g Carbs (13g Fiber) • 43g Fat • 20g Protein



Savory chickpea salad  
1 serving • 293 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
5 1/3 oz Chickpeas  
1 2/3 tbsp Vegan Mayo  
1/3 tbsp Pickle relish  
1/3 dash Pepper  
1/3 dash Salt  
1/3 stalks, large (11 inches long) Celery



Ants on a Log  
1 serving • 417 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
2 stalks, large (11 inches long) Celery  
3 tbsp Peanut butter  
1/4 cup (not packed) Raisins

## Day 5

2428 Calories • 269g Carbs (48g Fiber) • 121g Fat • 104g Protein

### BREAKFAST

744 Cal • 96g Carbs (10g Fiber) • 42g Fat • 10g 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



#### Pecans

2 ounce • 392 Cal

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

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

### LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



#### Kung Pao Tempeh

2 serving • 975 Cal

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

Leftovers, eat 2 serving

### DINNER

709 Cal • 85g Carbs (17g Fiber) • 35g Fat • 27g 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



#### Quick Grapefruit

2 serving • 188 Cal

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

Ingredients for 2 serving:

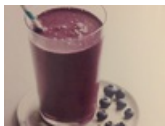
2 medium (approx 4" dia) Grapefruit  
2 tsp brownulated Brown sugar

## Day 6

2508 Calories • 310g Carbs (68g Fiber) • 125g Fat • 64g Protein

### BREAKFAST

598 Cal • 50g Carbs (11g Fiber) • 45g Fat • 9g Protein



#### Powerball Smoothie

1 serving • 528 Cal

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

Ingredients for 1 serving:

1/2 medium (7" to 7-7/8" long)  
Banana  
3/4 cup Coconut milk  
1/2 tsp Cocoa  
3/4 cup, unthawed Blueberries,  
frozen



#### Whole Wheat Toast

1 serving • 71 Cal

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

Ingredients for 1 serving:

1 slice Whole-wheat bread

### LUNCH

619 Cal • 60g Carbs (25g Fiber) • 42g Fat • 13g Protein



### Apples and Almond Butter

1 apple • 159 Cal

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

Ingredients for 1 apple:

2 tsp Almond butter

1 medium (3" dia) Apples



### Red Bell Pepper and Hummus

1 serving • 139 Cal

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

Ingredients for 1 serving:

1/4 cup Hummus

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



### Avocado

1 avocado • 322 Cal

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

Ingredients for 1 avocado:

1 fruit Avocados

## DINNER

1290 Cal • 200g Carbs (32g Fiber) • 38g Fat • 42g Protein



### Vegan Buffalo Chickpea Taquitos

3 serving • 1290 Cal

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

Ingredients for 5 serving (eat 3 serving now, save 2 serving for leftovers):

2 1/2 cup Chickpeas

0.417 can Artichoke Hearts, Quarters

6 2/3 tbsp Pepper or hot sauce

15 tortilla medium (approx 6" dia)

Tortillas

0.833 fruit Avocados

1 2/3 tbsp Lime juice

## Day 7

2489 Calories • 325g Carbs (62g Fiber) • 106g Fat • 91g Protein

## BREAKFAST

902 Cal • 127g Carbs (20g Fiber) • 39g Fat • 28g Protein



### Knock-Oats

2 bowl • 902 Cal

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

Ingredients for 2 bowl:

1 cup Quick oats

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

4 tbsp Peanut butter

2 tsp Cinnamon

## LUNCH

999 Cal • 149g Carbs (28g Fiber) • 31g Fat • 34g Protein



### Vegan Buffalo Chickpea Taquitos

2 serving • 860 Cal

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

Leftovers, eat 2 serving



### Red Bell Pepper and Hummus

1 serving • 139 Cal

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

Ingredients for 1 serving:

1/4 cup Hummus

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

## DINNER

588 Cal • 50g Carbs (15g Fiber) • 35g Fat • 28g 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

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### Zucchini

2 cup • 67 Cal

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

Ingredients for 2 cup:

2 medium Zucchini

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## Recipe directions

### 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.

### Bell Pepper and Hummus Snack

Directions are for original recipe of 1 serving

1. 1 bell pepper sliced with 2 tbsp hummus.

### Peanut Butter & Carrots

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and enjoy!

### Peanut Tofu

Directions are for original recipe of 2 serving

1. Peanut sauce: In a small saucepan, heat peanut butter, soy sauce, finely chopped ginger and garlic, and brown sugar on low heat until all ingredients are mixed. Add water to desired consistency of sauce.
2. While heating the peanut sauce, heat tofu either by boiling or broiling (broiling will take longer, about 30 minutes in the oven). Also, steam cook the green beans and sliced mushrooms on the stove top in a little water for a few minutes until tender.
3. Combine tofu and peanut sauce with steamed vegetables. Enjoy!

### Banana oatmeal smoothie

Directions are for original recipe of 2 shake

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

### Savory chickpea salad

Directions are for original recipe of 3 serving

1. Chop the celery.
2. Drain the chickpeas and place in a bowl. Mash with a potato masher (or large fork).
3. Add all of the remaining ingredients and blend.
4. Can be served as a salad with lettuce and/or crackers or as a sandwich.

### **Celery**

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

### **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.

### **Kung Pao Tempeh**

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

### **Ants on a Log**

Directions are for original recipe of 1 serving

1. Wash Celery, smear peanut butter into scoop side of celery. Place raisins in peanut butter and enjoy!

### **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.

### **Quick Grapefruit**

Directions are for original recipe of 1 serving

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

### **Powerball Smoothie**

Directions are for original recipe of 1 serving

1. Place all of the ingredients into a 16 fl oz or larger blender in the order listed and blend until smooth.

### **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.

### **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.

### **Red Bell Pepper and Hummus**

Directions are for original recipe of 1 serving

1. Cut bell pepper in half and remove seeds. Slice pepper into strips and serve with hummus for dipping.

### **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.

### **Vegan Buffalo Chickpea Taquitos**

Directions are for original recipe of 6 serving

1. Preheat your oven to 425 degrees F.
2. In a large bowl mash the chickpeas with a potato masher or fork. Some larger pieces are ok, but you want the mixture to stick together.
3. Drain artichoke hearts and chop into smaller pieces. Add into bowl with chickpeas along with the buffalo hot sauce and mix well to combine.
4. Scoop about 2 tbsp of the filling onto each tortilla and roll tightly. Place seam side down on a baking sheet. Bake 15-20 minutes until the tortillas are browning on the edges.
5. While baking taquitos, mash avocado with lime juice until well combined. Serve with taquitos and enjoy!

### **Knock-Oats**

Directions are for original recipe of 1 bowl

1. Prepare oatmeal according to package instructions. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

### **Zucchetti**

Directions are for original recipe of 4 cup

1. Wash zucchini and cut into 2 or 3 inch chunks.
2. Put through spiralizer.
3. Put in boiling salted water for about 5 minutes or until they reach the consistency you like.
4. Strain and serve.