

Your Meal Plan

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Day 1

2519 Calories • 252g Carbs (38g Fiber) • 75g Fat • 224g 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

846 Cal • 120g Carbs (11g Fiber) • 24g Fat • 40g Protein



Simple Caprese Sandwich
2 sandwich • 707 Cal

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

Ingredients for 2 sandwich:

2 slice, large (6" x 2-1/2" x 1-3/4")

Sourdough bread

2 oz Mozzarella cheese

4 slice, medium (1/4" thick)

Tomatoes



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

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 2

2511 Calories • 200g Carbs (30g Fiber) • 112g Fat • 193g Protein

BREAKFAST

682 Cal • 27g Carbs (6g Fiber) • 36g Fat • 62g 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



Strawberries

2 cup • 92 Cal

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

Ingredients for 2 cup:

2 cup, whole Strawberries

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

854 Cal • 85g Carbs (3g Fiber) • 31g Fat • 64g Protein



Fettucine Alfredo

1 serving • 312 Cal

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

Ingredients for 1 serving:

1/8 cup, fluid (yields 2 cups whipped)
Heavy whipping cream
1/8 stick Butter
0.083 cup Parmesan cheese
2 oz Pasta



Cottage Cheese & Raisins

2 serving • 542 Cal

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

Ingredients for 2 serving:

1/2 cup (not packed) Raisins
2 cup, (not packed) Cottage cheese

Day 3

2525 Calories • 220g Carbs (27g Fiber) • 100g Fat • 207g 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

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

851 Cal • 88g Carbs (1g Fiber) • 49g Fat • 22g Protein



Alfredo Mostaccioli
2 serving • 851 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):
0.188 tsp Pepper
0.094 tsp Garlic powder
3/4 tsp Salt
3/4 cup Parsley
12 oz Whole wheat pasta
3/4 cup, fluid (yields 2 cups whipped) Heavy whipping cream
3/8 cup Butter
3/8 cup Parmesan cheese

Day 4

2521 Calories • 292g Carbs (23g Fiber) • 84g Fat • 167g Protein

BREAKFAST

536 Cal • 102g Carbs (15g Fiber) • 2g Fat • 34g Protein



Carrot-Orange Juice
16 fl oz. • 262 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 16 fl oz.:
3 large (7-1/4" to 8-1/2" long) Carrots
2 large (3-1/16" dia) Oranges



Nonfat yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt

LUNCH

851 Cal • 88g Carbs (1g Fiber) • 49g Fat • 22g Protein



Alfredo Mostaccioli
2 serving • 851 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

1134 Cal • 102g Carbs (8g Fiber) • 33g Fat • 112g Protein



Fettucine Alfredo
1 serving • 312 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/8 cup, fluid (yields 2 cups whipped) Heavy whipping cream
1/8 stick Butter
0.083 cup Parmesan cheese
2 oz Pasta



Yogurt & Banana
2 serving • 478 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
16 oz Nonfat greek yogurt
2 medium (7" to 7-7/8" long) Banana



Cottage Cheese with Radishes
2 serving • 345 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 cup, (not packed) Cottage cheese
2 dash Salt
2 dash Pepper
1 cup slices Radishes

Day 5

2537 Calories • 247g Carbs (18g Fiber) • 116g Fat • 138g Protein

BREAKFAST

687 Cal • 40g Carbs (8g Fiber) • 33g Fat • 61g Protein



Baked Spinach and Eggs

1 serving • 461 Cal

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

Ingredients for 1 serving:

6 cup Spinach
4 large Egg
1 dash Salt
1 dash Pepper
1/4 cup, crumbled Feta cheese
1 tsp Butter



Blueberries

1 cup • 84 Cal

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

Ingredients for 1 cup:

1 cup Blueberries



Nonfat greek yogurt

1 cup • 142 Cal

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

Ingredients for 1 cup:

1 cup Nonfat greek yogurt

LUNCH

851 Cal • 88g Carbs (1g Fiber) • 49g Fat • 22g Protein



Alfredo Mostaccioli

2 serving • 851 Cal

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

Leftovers, eat 2 serving

DINNER

1000 Cal • 119g Carbs (10g Fiber) • 34g Fat • 55g Protein



Tortellini Southwest

3 serving • 1000 Cal

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

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

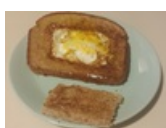
2 1/4 tbsp Fresh cilantro
2 1/4 cup, diced Mozzarella cheese
0.281 tsp, ground Cumin
574.078 grams Tortellini
3 3/8 cup Pasta sauce
255.15 grams Peppers

Day 6

2538 Calories • 273g Carbs (26g Fiber) • 106g Fat • 134g Protein

BREAKFAST

383 Cal • 23g Carbs (4g Fiber) • 23g Fat • 20g Protein



Egg in a nest

2 piece • 383 Cal

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

Ingredients for 2 piece:

2 large Egg
2 slice regular Multi-grain bread
1 dash Salt
1 tbsp Butter
1 dash Pepper

LUNCH

1000 Cal • 119g Carbs (10g Fiber) • 34g Fat • 55g Protein



Tortellini Southwest
3 serving • 1000 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

1156 Cal • 131g Carbs (12g Fiber) • 49g Fat • 60g Protein



Fettuccine alfredo
2 serving • 801 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
0.188 cup, fluid (yields 2 cups whipped) Heavy whipping cream
1 1/4 tbsp Butter
0.188 tsp Pepper
0.063 tsp Salt
3/8 cup Parmesan cheese
4 oz Whole wheat pasta



Balsamic Asparagus
2 serving • 115 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
12 spear, large (7-1/4" to 8-1/2") Asparagus
1/2 tbsp Olive oil
1/2 tbsp Balsamic vinegar



Spicy Yogurt Dip with Carrots
2 serving • 240 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 tsp Pepper or hot sauce
2.098 cup strips or slices Carrots
8 oz Nonfat greek yogurt

Day 7

2528 Calories • 232g Carbs (23g Fiber) • 116g Fat • 138g Protein

BREAKFAST

512 Cal • 32g Carbs (1g Fiber) • 25g Fat • 40g Protein



Egg in a Cup
2 serving • 370 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 large Egg
10 cracker square Saltines
1 tbsp Butter
1 dash Salt
1 dash Pepper



Nonfat greek yogurt
1 cup • 142 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Nonfat greek yogurt

LUNCH

1000 Cal • 119g Carbs (10g Fiber) • 34g Fat • 55g Protein



Tortellini Southwest
3 serving • 1000 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 3 serving

DINNER

1016 Cal • 82g Carbs (12g Fiber) • 58g Fat • 43g Protein



Sweet Grilled Cheese
2 serving • 943 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
4 tsp Butter
4 slice Whole-wheat bread
4 slice (1 oz) Cheddar cheese
4 tsp packed Brown sugar



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

Recipe directions

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.

Simple Caprese Sandwich

Directions are for original recipe of 1 sandwich

1. Cut large slice of sourdough in half (or use two small slices). Top one slice with 1oz of sliced mozzarella, and then two slices of tomatoes. Flavor is mild, so season with salt pepper if desired.

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.

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!

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.

Strawberries

Directions are for original recipe of 1 cup

1. Wash and eat.

Fettucine Alfredo

Directions are for original recipe of 4 serving

1. PREPARATION: Cut butter into pieces.
2. Cook fettuccine in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente. Reserve 1/2 cup cooking water, then drain pasta.
3. Meanwhile, bring cream and butter to a simmer in a 12-inch heavy skillet over medium-low heat, adding salt and pepper.
4. Add fettuccine, 1/4 cup reserved water, and cheese to sauce and toss. Add more cooking water if necessary.

Cottage Cheese & Raisins

Directions are for original recipe of 1 serving

1. Mix raisins into cottage cheese and enjoy!

Alfredo Mostaccioli

Directions are for original recipe of 8 serving

1. Chop parsley.
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. Combine heavy cream and butter in a Dutch oven or large, heavy saucepan over medium heat. Heat until butter melts, stirring occasionally; be careful not to bring mixture to a boil. Stir in Parmesan cheese, parsley, salt, pepper and garlic powder. Toss with cooked pasta and serve immediately.

Carrot-Orange Juice

Directions are for original recipe of 16 fl oz.

1. Chop top off carrots and scrub clean, but don't peel. Cut or peel away orange rind and cut into sections small enough to fit your juicer. Juice oranges first, as its antioxidants will protect the nutrients in the carrots.

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.

Yogurt & Banana

Directions are for original recipe of 1 serving

1. Slice banana and mix with yogurt. Enjoy!

Cottage Cheese with Radishes

Directions are for original recipe of 1 serving

1. Cut radishes into quarters. Combine with cottage cheese and a dash of salt and pepper. Serve.

Baked Spinach and Eggs

Directions are for original recipe of 1 serving

1. Preheat the oven to 400°F. Lightly grease with butter an individual ramekin or other small oven safe dish that can accommodate the eggs and spinach.
2. Place the spinach in a deep skillet or a large frying pan. Add a little water (2-3 Tablespoons). Using medium heat, cook the spinach just until wilted, roughly 3-4 minutes. Use either your hand or a spatula to pack in the spinach. Drain the excess water well.
3. Distribute the spinach evenly among the prepared ramekins or oven-safe dishes. Crack 1-2 eggs on top of the spinach. Season lightly with salt and pepper - lightly because Feta cheese is pretty salty on its own. Sprinkle the crumbled feta cheese on top.
4. Place the baking dishes or ramekins on a cookie sheet and bake for about 15-18 minutes or until the eggs are set/cooked (whites are set and yolks look firm on the edges) to your liking. Enjoy!

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy

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.

Tortellini Southwest

Directions are for original recipe of 4 serving

1. Chop cilantro.
2. In a large pot of salted water boil tortellini until al dente. Drain well.
3. In a 1-1/2 quart saucepan combine sauce, green chilies, cilantro and cumin. Simmer over medium-low heat for 5 minutes.
4. Place tortellini on a serving platter and pour tomato sauce mixture evenly over pasta. Sprinkle cheese over sauce and serve.

Egg in a nest

Directions are for original recipe of 2 piece

1. Cut or tear a 2-inch hole out of the center of each slice of bread.
2. Melt the butter in a large nonstick frying pan over medium heat until foaming. Add the bread slices. Crack an egg into each bread hole, season with salt and pepper, and cook until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip and cook until the second side is golden brown, about 3 minutes more for runny yolks. Serve immediately.

Fettuccine alfredo

Directions are for original recipe of 8 serving

1. Bring a large pot of heavily salted water to a boil. Add the pasta, stir to separate the noodles, and cook according to the package directions until al dente (ideally, use fettuccine noodles).
2. Meanwhile, heat the cream and butter in a large frying pan over medium heat until the butter has melted and the mixture has come to a simmer. Add 1/4 cup of the Parmesan and the measured pepper and salt and whisk until smooth. Remove the pan from the heat until the pasta is ready.
3. Reserve 1 cup of the pasta water and drain the fettuccine. Add the noodles to the frying pan and return the pan to low heat. Add 2/3 cup of the reserved pasta water and 1 cup of the remaining Parmesan. Toss with tongs until all of the cheese has melted, adding additional pasta water as needed to reach the desired sauce consistency. Taste and season with salt and pepper. Serve immediately, saving the remaining 1/4 cup Parmesan for sprinkling.

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.

Spicy Yogurt Dip with Carrots

Directions are for original recipe of 1 serving

1. Stir hot sauce into yogurt to combine. Enjoy with carrot strips.

Egg in a Cup

Directions are for original recipe of 2 serving

1. Bring a pot of water to a boil. (Use enough water to just cover the eggs once their in your pot.) Add eggs, and cook for 3 minutes. The yolks need to be runny.
2. While the eggs cook, crush the crackers into two coffee mugs with the butter. When the eggs are done, remove from the water, and peel.
3. Place one soft-boiled egg into each cup. Mix into the crackers, and season with salt and pepper.

Sweet Grilled Cheese

Directions are for original recipe of 1 serving

1. Heat a skillet over medium heat. Spread butter onto one side of a piece of bread and place butter side down in the skillet. Place one piece of cheese on top of the bread, then sprinkle with brown sugar. Top with the other slice of cheese. Butter the other slice of bread and place on top with the butter side up. Fry on each side until golden brown, 3 to 5 minutes per side.

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).