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## Your Meal Plan

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

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

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### Day 1

1505 Calories • 151g Carbs (27g Fiber) • 60g Fat • 95g Protein

MEAL 1			408 Cal • 36g Carbs (6g Fiber) • 19g Fat • 23g Protein
	Brie cheese on bread 2 serving • 408 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 2 serving: 2 slice large Multi-grain bread (76 g) 2 oz Brie cheese (57 g)	
SNACK 1			163 Cal • 18g Carbs (6g Fiber) • 3g Fat • 16g Protein
	Turkey Lettuce Rollups 1 1/2 serving • 89 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 1 1/2 serving: 3 leaf outer Lettuce (72 g) 3 slice oval Sliced turkey (78 g) 1 1/2 dash Pepper (0.2 g)	
	Sliced bell pepper 2 pepper • 74 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 2 pepper: 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (238 g)	
MEAL 2			450 Cal • 46g Carbs (8g Fiber) • 14g Fat • 36g Protein
	Easy Grilled Chicken Teriyaki 1/2 serving • 186 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 1/2 serving: 1/2 breast, bone and skin removed Chicken breast (118 g) 1/8 cup Teriyaki sauce (36 g) 1/2 tbsp Lemon juice (7.5 g) 1/4 tsp Garlic (0.7 g) 1/4 tsp Sesame oil (1.1 g)	
	Apples and Almond Butter on Toast 1 serving • 263 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 1 serving: 1 slice Whole-wheat bread (28 g) 1 tbsp Almond butter (16 g) 1 medium (3" dia) Apples (182 g)	

## SNACK 2

162 Cal • 12g Carbs (4g Fiber) • 12g Fat • 3g Protein



### Garlic green beans

1 serving • 162 Cal

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

### Ingredients for 1 serving:

1/2 tsp Garlic powder (1.6 g)

1 tbsp Butter (14 g)

1/2 package (10 oz) Green beans (142 g)

## MEAL 3

321 Cal • 38g Carbs (3g Fiber) • 12g Fat • 17g Protein



### Sun-Dried Tomato Turkey Rollups

1 serving • 321 Cal

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

### Ingredients for 1 serving:

2 oz Deli cut turkey (57 g)

3 tbsp Cream cheese (45 g)

1 tortilla (approx 7-8" dia) Tortillas (46 g)

1 cup Spinach (30 g)

5 piece Sun-dried tomatoes (10 g)

# Day 2

1486 Calories • 153g Carbs (26g Fiber) • 60g Fat • 92g Protein

## MEAL 1

331 Cal • 28g Carbs (6g Fiber) • 15g Fat • 23g Protein



### Chicken Kabobs

1/2 serving • 143 Cal

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

### Ingredients for 1/2 serving:

1/4 breast, bone and skin removed

Chicken breast (59 g)

1/8 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (20 g)

1/8 large Onions (19 g)

1/8 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (20 g)

1/8 cup (8 fl oz) Barbecue sauce (31 g)



### Steamed Broccoli with Olive Oil and Parmesan

1 serving • 189 Cal

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

### Ingredients for 1 serving:

3/4 tbsp Olive oil (10 g)

1/8 cup Parmesan cheese (10 g)

3/8 lb Broccoli (170 g)

## SNACK 1

171 Cal • 28g Carbs (4g Fiber) • 7g Fat • 2g Protein



### Arugula Salad

1 1/2 serving • 91 Cal

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

### Ingredients for 1 1/2 serving:

3/4 medium whole (2-3/5" dia)

Tomatoes (92 g)

1 1/2 tsp Balsamic vinegar (7.9 g)

1 1/2 cup Arugula (30 g)

1/2 tbsp Olive oil (6.7 g)



### Cinnamon Apple Bites

1 serving • 81 Cal

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

### Ingredients for 1 serving:

1 medium (3" dia) Apples (161 g)

1/2 tsp Cinnamon (1.3 g)

## MEAL 2

436 Cal • 30g Carbs (5g Fiber) • 18g Fat • 39g Protein



Chicken caesar salad  
1 serving • 295 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
2 cup shredded Lettuce (94 g)  
1 tbsp Caesar salad dressing (15 g)  
2 tsp Olive oil (9 g)  
1 half breast (fillet) Chicken breast (118 g)  
2 tbsp Parmesan cheese (10 g)



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

Ingredients for 2 serving:  
2 slice Whole-wheat bread (56 g)

## SNACK 2

165 Cal • 13g Carbs (4g Fiber) • 6g Fat • 16g Protein



Peachy Keen Chicken  
1/2 serving • 104 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1/4 cup, halves or slices Peaches (61 g)  
0.062 tbsp Honey (1.3 g)  
1/2 half breast (fillet) Chicken breast (59 g)  
1/8 tbsp Olive oil (1.7 g)  
1/8 dash Pepper (0 g)  
1/8 dash Salt (0.1 g)



Steamed Green Beans  
1 serving • 61 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
4 oz Green beans (113 g)  
1/4 tbsp Butter (3.5 g)

## MEAL 3

382 Cal • 54g Carbs (6g Fiber) • 13g Fat • 13g Protein



Cream Cheese Toast  
2 serving • 382 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
2 slice large Multi-grain bread (76 g)  
2 tbsp Cream cheese (29 g)  
1 tbsp Honey (21 g)

## Day 3

1502 Calories • 161g Carbs (26g Fiber) • 58g Fat • 96g Protein

## MEAL 1

394 Cal • 34g Carbs (8g Fiber) • 14g Fat • 34g Protein



Chicken, Spinach, and Strawberry Salad  
1 serving • 264 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/2 breast, bone and skin removed Chicken breast (118 g)  
3 cup Spinach (90 g)  
1/2 cup, halves Strawberries (76 g)  
1/4 medium (2-1/2" dia) Onions (28 g)  
1/2 tbsp Balsamic vinegar (8 g)  
1/2 tbsp Olive oil (6.8 g)



Apple Toast  
1 serving • 130 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/4 tbsp Butter (3.5 g)  
1 slice Whole-wheat bread (28 g)  
1/4 tbsp Cinnamon (1.9 g)  
1/4 large (3-1/4" dia) Apples (56 g)

## SNACK 1

170 Cal • 24g Carbs (3g Fiber) • 4g Fat • 10g Protein



### Turkey Sandwich

1/2 serving • 139 Cal

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

### Ingredients for 1/2 serving:

1 slice Whole-wheat bread (28 g)  
1/2 tbsp Mayonnaise-like dressing (7.3 g)  
1 1/2 oz Deli cut turkey (43 g)  
1/2 leaf inner Lettuce (3 g)  
1/2 slice, medium (1/4" thick) Tomatoes (10 g)



### Nectarines

1/2 medium (2-1/2" dia) • 31 Cal (71 g)

[Link to Full Nutrition](#)

## MEAL 2

411 Cal • 49g Carbs (4g Fiber) • 18g Fat • 15g Protein



### Greek Spaghetti

1/2 serving • 344 Cal

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

### Ingredients for 1/2 serving:

3/4 tbsp Butter (11 g)  
2 oz Spaghetti (57 g)  
0.062 tsp Salt (0.4 g)  
1/8 tsp, ground Oregano (0.2 g)  
1/8 cup, grated Parmesan cheese (12 g)



### Steamed Broccoli

1/2 serving • 67 Cal

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

### Ingredients for 1/2 serving:

0.188 lb Broccoli (85 g)  
3/8 tbsp Butter (5.3 g)  
0.062 tsp Lemon juice (0.3 g)

## SNACK 2

167 Cal • 13g Carbs (1g Fiber) • 8g Fat • 10g Protein



### Grilled Italian Sausage with Peppers, Onions and Arugula

1/2 serving • 167 Cal

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

### Ingredients for 1/2 serving:

1/4 tbsp Olive oil (3.4 g)  
1/8 dash Salt (0.1 g)  
3/8 tbsp Balsamic vinegar (6 g)  
1/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (41 g)  
1/2 cup Arugula (10 g)  
1/8 large Onions (19 g)  
3/8 tbsp Honey (7.9 g)  
57 1/8 grams Italian sausage

## MEAL 3

360 Cal • 41g Carbs (9g Fiber) • 14g Fat • 27g Protein



### IsaLean Bar

1 1/2 bar • 360 Cal (90 g)

[Link to Full Nutrition](#)

## Day 4

1491 Calories • 157g Carbs (41g Fiber) • 59g Fat • 95g Protein

### MEAL 1

375 Cal • 33g Carbs (12g Fiber) • 12g Fat • 36g Protein



#### IsaLean Shake

1 1/2 packet • 375 Cal (94 g)

[Link to Full Nutrition](#)

### SNACK 1

159 Cal • 27g Carbs (5g Fiber) • 6g Fat • 3g Protein



#### Apples and Almond Butter

1 apple • 159 Cal

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

#### Ingredients for 1 apple:

2 tsp Almond butter (10 g)

1 medium (3" dia) Apples (182 g)

### MEAL 2

395 Cal • 46g Carbs (9g Fiber) • 19g Fat • 14g Protein



#### Apricot Jam and Almond Butter Sandwich

1 sandwich • 292 Cal

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

#### Ingredients for 1 sandwich:

2 slice regular Multi-grain bread (52 g)

1 tbsp Jams and preserves (20 g)

1 tbsp Almond butter (16 g)



#### Roasted asparagus

9 spears • 103 Cal

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

#### Ingredients for 9 spears:

9 spear, large (7-1/4" to 8-1/2")

Asparagus (180 g)

0.188 tsp Salt (1.1 g)

0.562 tbsp Olive oil (7.6 g)

### SNACK 2

193 Cal • 15g Carbs (1g Fiber) • 8g Fat • 14g Protein



#### Honey Pecan Chicken Breast

1/2 serving • 193 Cal

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

#### Ingredients for 1/2 serving:

1/2 half breast (fillet) Chicken breast (59 g)

0.062 cup Wheat flour (7.8 g)

0.031 cup Honey (11 g)

0.031 cup, chopped Pecans (3.4 g)

3/8 tbsp Butter (5.3 g)

### MEAL 3

369 Cal • 36g Carbs (14g Fiber) • 14g Fat • 27g Protein



#### Slow Cooker Beef, Lime & Cilantro Chili

1 1/2 serving • 369 Cal

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

#### Ingredients for 1 1/2 serving:

0.188 lb Ground beef (85 g)

3/8 cup Tomato sauce (92 g)

0 can (15 oz) Tomatoes (1.9 g)

3/8 can Canned black beans (159 g)

0.188 small Onions (13 g)

0.188 fruit (2" dia) Limes (13 g)

3/8 cloves, minced Garlic (1.1 g)

0.188 tbsp Chili powder (1.4 g)

3/8 tsp, ground Cumin (1.1 g)

0.188 tbsp Fresh cilantro (0.2 g)

## Day 5

1491 Calories • 148g Carbs (29g Fiber) • 59g Fat • 100g Protein

### MEAL 1

356 Cal • 37g Carbs (9g Fiber) • 16g Fat • 21g Protein



#### Chicken Kabobs

1/2 serving • 143 Cal

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

#### Ingredients for 1/2 serving:

1/4 breast, bone and skin removed  
Chicken breast (59 g)  
1/8 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (20 g)  
1/8 large Onions (19 g)  
1/8 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (20 g)  
1/8 cup (8 fl oz) Barbecue sauce (31 g)



#### Sautéed Brussel Sprouts with Onion and Garlic

1 serving • 214 Cal

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

#### Ingredients for 1 serving:

3 tsp Olive oil (14 g)  
3 1/2 tbsp chopped Onions (35 g)  
2 cup Brussels sprouts (176 g)  
1 cloves, minced Garlic (3 g)  
1 dash Salt (0.4 g)  
1 dash Pepper (0.1 g)

### SNACK 1

151 Cal • 17g Carbs (3g Fiber) • 3g Fat • 17g Protein



#### Plain Tuna Salad

1/2 serving • 89 Cal

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

#### Ingredients for 1/2 serving:

1/2 can Tuna (82 g)  
1/2 tbsp Mayonnaise-like dressing (7.3 g)  
1/2 dash Salt (0.2 g)  
1/2 dash Pepper (0.1 g)



#### Oranges

1 fruit • 62 Cal

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

#### Ingredients for 1 fruit:

1 fruit (2-5/8" dia) Oranges (131 g)

### MEAL 2

436 Cal • 47g Carbs (9g Fiber) • 15g Fat • 32g Protein



### Slow Cooker Cheesy Enchilada Quinoa

1 servings • 436 Cal

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

Ingredients for 1 servings:

0.143 lb Ground turkey (65 g)  
0.214 cup Quinoa (36 g)  
0.143 can Canned black beans (61 g)  
0.143 cup kernels Corn (23 g)  
0.071 cup Salsa (19 g)  
0.143 tsp Garlic (0.4 g)  
0.071 cup, chopped Onions (11 g)  
0.071 cup, chopped Red bell pepper (11 g)  
0.143 cup Water (34 g)  
0.143 tbsp Chili powder (1.1 g)  
0.143 tsp, ground Cumin (0.4 g)  
0.286 cup, shredded Mexican cheese (32 g)  
0.048 cup Fresh cilantro (0.8 g)  
1.429 oz Diced Original Tomatoes and Green Chilies (40 g)  
0.143 can Sauce, enchilada, red, mild, ready to serve (40 g)

### SNACK 2

204 Cal • 18g Carbs (3g Fiber) • 10g Fat • 11g Protein



### Brie cheese on bread

1 serving • 204 Cal

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

Ingredients for 1 serving:

1 slice large Multi-grain bread (38 g)  
1 oz Brie cheese (28 g)

### MEAL 3

343 Cal • 29g Carbs (5g Fiber) • 17g Fat • 19g Protein



### BLT sandwich

1 sandwich • 343 Cal

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

Ingredients for 1 sandwich:

2 slice Whole-wheat bread (56 g)  
2 leaf outer Lettuce (56 g)  
2 slice, medium (1/4" thick) Tomatoes (40 g)  
1 tbsp Light mayonnaise (15 g)  
4 strip cooked Bacon (32 g)

## Day 6

1507 Calories • 154g Carbs (28g Fiber) • 59g Fat • 94g Protein

### MEAL 1

344 Cal • 43g Carbs (2g Fiber) • 13g Fat • 13g Protein



### Greek Spaghetti

1/2 serving • 344 Cal

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

Ingredients for 1/2 serving:

3/4 tbsp Butter (11 g)  
2 oz Spaghetti (57 g)  
0.062 tsp Salt (0.4 g)  
1/8 tsp, ground Oregano (0.2 g)  
1/8 cup, grated Parmesan cheese (12 g)

### SNACK 1

208 Cal • 23g Carbs (4g Fiber) • 10g Fat • 6g Protein



### Granola

1 1/2 ounce • 208 Cal

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

Ingredients for 1 1/2 ounce:

1 1/2 oz Granola (43 g)



## MEAL 2

427 Cal • 49g Carbs (12g Fiber) • 11g Fat • 34g Protein



### Turkey Sandwich

1 sandwich • 177 Cal

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

### Ingredients for 1 sandwich:

2 slice Whole-wheat bread (56 g)  
3 tsp or 1 packet Mustard (15 g)  
2 slice Deli cut turkey (20 g)  
2 leaf, large Lettuce (30 g)



### IsaLean Shake

1 packet • 250 Cal (63 g)

[Link to Full Nutrition](#)

## SNACK 2

194 Cal • 14g Carbs (4g Fiber) • 8g Fat • 17g Protein



### Chicken caesar salad

1/2 serving • 148 Cal

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

### Ingredients for 1/2 serving:

1 cup shredded Lettuce (47 g)  
1/2 tbsp Caesar salad dressing (7.5 g)  
1 tsp Olive oil (4.5 g)  
1/2 half breast (fillet) Chicken breast (59 g)  
1 tbsp Parmesan cheese (5 g)



### Strawberries

1 cup, whole • 46 Cal (144 g)

[Link to Full Nutrition](#)

## MEAL 3

335 Cal • 25g Carbs (6g Fiber) • 16g Fat • 24g Protein



### Protein Southwest Scramble

1 bowl • 335 Cal

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

### Ingredients for 1 bowl:

4 large Egg white (132 g)  
1/2 link Sausage (42 g)  
2 tsp Olive oil (9 g)  
1 medium (2-1/2" dia) Onions (110 g)  
1/2 cup, chopped Red bell pepper (74 g)  
1 cup Spinach (30 g)  
1 medium whole (2-3/5" dia) Tomatoes (123 g)  
1 dash Salt (0.4 g)  
1 dash Pepper (0.1 g)



## Day 7

1789 Calories • 197g Carbs (29g Fiber) • 58g Fat • 126g Protein

### MEAL 1

358 Cal • 47g Carbs (14g Fiber) • 5g Fat • 32g Protein



#### Easy Grilled Chicken Teriyaki

1/2 serving • 186 Cal

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

Ingredients for 1/2 serving:

1/2 breast, bone and skin removed  
Chicken breast (118 g)

1/8 cup Teriyaki sauce (36 g)

1/2 tbsp Lemon juice (7.5 g)

1/4 tsp Garlic (0.7 g)

1/4 tsp Sesame oil (1.1 g)



#### Carrots

2 cup • 172 Cal

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

Ingredients for 2 cup:

2 cup Baby carrots (492 g)

### SNACK 1

208 Cal • 37g Carbs (3g Fiber) • 1g Fat • 15g Protein



#### Berry Yogurt Smoothie

1 serving • 208 Cal

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

Ingredients for 1 serving:

1 cup (8 fl oz) Nonfat yogurt (245 g)

1/3 cup, sliced Banana (50 g)

7 berry Strawberries (74 g)

### MEAL 2

457 Cal • 25g Carbs (3g Fiber) • 27g Fat • 27g Protein



#### Sausage and Egg Breakfast Sandwich

1 sandwich • 457 Cal

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

Ingredients for 1 sandwich:

2 large Egg (100 g)

1/2 link, raw Italian sausage (50 g)

2 slice Whole-wheat bread (56 g)

### SNACK 2

200 Cal • 20g Carbs (0g Fiber) • 6g Fat • 20g Protein



#### Whey Thins, Barbecue

2 pack • 200 Cal (50 g)

[Link to Full Nutrition](#)

### MEAL 3

565 Cal • 68g Carbs (9g Fiber) • 20g Fat • 32g Protein



#### BLT sandwich

1 sandwich • 343 Cal

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

Ingredients for 1 sandwich:

2 slice Whole-wheat bread (56 g)

2 leaf outer Lettuce (56 g)

2 slice, medium (1/4" thick)

Tomatoes (40 g)

1 tbsp Light mayonnaise (15 g)

4 strip cooked Bacon (32 g)



#### Tomato soup

1/2 cup • 50 Cal

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

Ingredients for 1/2 cup:

1/4 can (10.7 oz) Tomato soup (76 g)

1/4 cup Water (59 g)



#### Grapes

1/2 cup • 52 Cal

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

Ingredients for 1/2 cup:

1/2 cup Grapes (76 g)



## Recipe directions

### **Brie cheese on bread**

Directions are for original recipe of 1 serving

1. Spread cheese on bread, eat.

### **Turkey Lettuce Rollups**

Directions are for original recipe of 1 serving

1. Lay out a large slice of lettuce, top with turkey. Sprinkle pepper over top and roll up. Repeat with remaining lettuce, turkey, and pepper. Enjoy!

### **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).

### **Easy Grilled Chicken Teriyaki**

Directions are for original recipe of 4 serving

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

### **Apples and Almond Butter on Toast**

Directions are for original recipe of 1 serving

1. Toast bread. While bread is toasting, cut half of an apple into slices.
2. Top toast with almond butter and sliced apples. Enjoy!

### **Garlic green beans**

Directions are for original recipe of 2 serving

1. If using frozen green beans (I like the french cut ones), boil water, add green beans for 8-10 minutes, drain, add garlic and butter and stir.
2. If using canned green beans, heat green beans in saucepan with garlic powder and butter.

### **Sun-Dried Tomato Turkey Rollups**

Directions are for original recipe of 1 serving

1. Chop sun-dried tomatoes into thin strips.
2. Spread cream cheese on tortilla, then place turkey, spinach and sun-dried tomatoes inside. Roll up, cut in half, and enjoy!

### **Chicken Kabobs**

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

### **Steamed Broccoli with Olive Oil and Parmesan**

Directions are for original recipe of 4 serving

1. PREPARATION: Remove tough broccoli stems.
2. Cut broccoli into 1 1/2- to 2-inch-wide florets. Peel stem and cut lengthwise into 1/3-inch-wide sticks.
3. Steam broccoli in a steamer rack set over boiling water, covered, until tender, 5 to 6 minutes. Transfer to a bowl and toss with oil, cheese, and salt and pepper to taste.

### **Arugula Salad**

Directions are for original recipe of 1 serving

1. Cube tomatoes and chop arugula roughly.
2. Combine all ingredients and toss to coat.

### **Cinnamon Apple Bites**

Directions are for original recipe of 1 serving

1. Cut up apple (with or without skin - your choice) into bite sized chunks.
2. Put the chopped apple into a container with a lid (ex. an empty margarine container).
3. Sprinkle on the cinnamon, put the lid on the container, and gently shake so cinnamon covers apple.
4. Eat and enjoy immediately.

### **Chicken caesar salad**

Directions are for original recipe of 1 serving

1. Slice the raw chicken breast into strips and fry in a pan with olive oil.
2. Mix the roasted chicken, lettuce, dressing, and cheese in a bowl.
3. Eat it

### **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.

### **Peachy Keen Chicken**

Directions are for original recipe of 4 serving

1. Drain the peaches of syrup (1 can per 4 servings). Place the peaches in a food processor and process to a smooth puree. Add the oil and honey and process briefly to blend; transfer to a large resealable plastic bag.
2. Add the chicken pieces and close, squeezing out the air. Chill for 15 minutes (or you can do it the day before).
3. Prepare the grill (gas grill at medium; charcoal grill arranged for indirect heat), heat a grill pan over medium heat, or preheat the broiler.
4. Remove the chicken pieces from the bag and place on a plate. Season lightly with salt and pepper and transfer to the grill.
5. Cover and cook until charred underneath, 4 to 5 minutes. Turn and cook until charred and firm when poked with a finger, 4 to 5 minutes more.

### **Steamed Green Beans**

Directions are for original recipe of 4 serving

1. Bring a pot of water with a steam tray to a boil. Add green beans to the steam tray.
2. Steam green beans, covered, in water for 5 minutes. Add to a bowl with the butter and toss together well until butter has melted and beans are evenly coated. Enjoy!

### **Cream Cheese Toast**

Directions are for original recipe of 1 serving

1. Spread cheese onto toasted bread, top with honey if desired. Enjoy!

### **Chicken, Spinach, and Strawberry Salad**

Directions are for original recipe of 1 serving

1. Preheat oven to 400 degrees F. Bake chicken for 10-15 minutes or until cooked through and no longer pink. Let rest 5 minutes before slicing.
2. Combine all ingredients in a bowl and drizzle with salad dressing!
3. Enjoy!

### **Apple Toast**

Directions are for original recipe of 4 serving

1. Set oven to broil.
2. Spread butter on one side of each slice of bread. Place apple slices on buttered side of bread. Sprinkle cinnamon on top. Place bread on a baking sheet.
3. Place in a preheated oven until toasted, about 2 minutes.

### **Turkey Sandwich**

Directions are for original recipe of 1 serving

1. Spread mayonnaise onto bread slices. Top with turkey, lettuce, and tomato. Bring sandwich halves together and enjoy!

### **Greek Spaghetti**

Directions are for original recipe of 4 serving

1. Preheat oven to 250 degrees F (120 degrees C).
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. In a medium skillet over medium heat, melt butter with salt and cook until just brown. Remove from heat and toss with pasta, cheese and oregano. Pour into a 7x11 inch baking dish.
4. Bake in preheated oven 10 to 15 minutes, until hot and bubbly.

### **Steamed Broccoli**

Directions are for original recipe of 4 serving

1. Trim the broccoli into large florets.
2. Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
3. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
4. Remove to a platter; season with salt and pepper, the butter, and the lemon juice.

### **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.

### **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.

### **Apricot Jam and Almond Butter Sandwich**

Directions are for original recipe of 1 sandwich

1. Optionally toast the bread.
2. Cover one slice with almond butter and the other slice with jam, put together and eat.

### **Roasted asparagus**

Directions are for original recipe of 24 spears

1. Preheat oven to 425F.
2. Cut off the woody bottom part of the asparagus spears and discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
4. Place asparagus on foil-lined baking sheet and drizzle with olive oil.
5. Sprinkle with salt
6. With your hands, roll the asparagus around until they are evenly coated with oil and salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.
10. They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.

### **Honey Pecan Chicken Breast**

Directions are for original recipe of 4 serving

1. Dredge the breasts in flour, shaking off excess.
2. Heat about 2/3 of your butter in a heavy skillet over medium heat.
3. Add the breasts and brown on both sides, about 5-6 minutes.
4. Stir together the remaining butter, honey and pecans.
5. Add to the skillet, stir gently.
6. Cover and simmer gently for 7-8 minutes.
7. Remove breasts to a serving platter, pour sauce over and serve.

### **Slow Cooker Beef, Lime & Cilantro Chili**

Directions are for original recipe of 8 serving

1. Add all of the ingredients to your slow cooker (except cilantro) and cook on low for 8 hours.
2. Break apart beef and stir in about one tablespoon of fresh cilantro.
3. Spoon into bowls and top with shredded cheddar cheese and tortilla chips. So good!

### **Sautéed Brussel Sprouts with Onion and Garlic**

Directions are for original recipe of 1 serving

1. Sauté in oil in hot pan over medium-high heat. Add chopped onion and brussel sprouts and cook until brussel sprouts brown (caramelize) and are tender. Add garlic at the end and cook until fragrant, 30 seconds to a minute. Salt and pepper to taste
2. Enjoy!

### **Plain Tuna Salad**

Directions are for original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice if desired, just be sure to add that item to your plan so those calories are tracked! Enjoy!

### **Oranges**

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

### **Slow Cooker Cheesy Enchilada Quinoa**

Directions are for original recipe of 7 servings

1. In a large skillet, cook the ground turkey until browned through. Drain out any grease and place in the slow cooker.
2. Add in the uncooked quinoa (make sure to rinse first), the black beans (drained and rinsed), the frozen corn, the diced tomatoes and green chilies (do not drain), the salsa (I used medium), and minced garlic.
3. Chop up the onion and sweet bell pepper into small pieces. Add to the slow cooker. If desired chop up a jalapeno and add it too.
4. Add in the water, enchilada sauce (I used mild, but use whatever you like best), chili powder, and cumin.
5. Stir everything together really well. Cover the slow cooker and cook on high for 3 to 3 and 1/2 hours or until the liquid is all absorbed into the mixture.
6. Once it is done cooking, remove the lid and stir everything again. Stir in the cheese and fresh cilantro (stems removed and chopped).
7. If desired add in the fresh lime juice.
8. Add a dollop of sour cream and some chopped green onions if desired.
9. \*\*If you want to make these into more of traditional enchiladas: warm up the tortillas, spread some cheese on one side, a large spoonful of the mixture on top of the cheese, and more cheese on top of the mixture. Roll it up and top with more salsa or enchilada sauce. Add sour cream, green onions, and cilantro if desired.
10. Recipe by: Chelsea (source: <https://www.chelseasmessyapron.com/slow-cooker-cheesy-enchilada-quinoa/>)

### **BLT sandwich**

Directions are for original recipe of 1 sandwich

1. Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.
2. Toast the slices of bread.
3. Arrange the cooked bacon, lettuce, and tomato slices on one slice of bread. Spread one side of remaining bread slice with the mayonnaise. Bring the two pieces together to make a sandwich.

### **Turkey Sandwich**

Directions are for original recipe of 1 sandwich

1. Spread mustard onto one of the slices of bread. Top with turkey, lettuce, and, remaining slice of bread. Enjoy!

### **Protein Southwest Scramble**

Directions are for original recipe of 1 bowl

1. PREP: Dice the tomato, chop the red pepper, onion, and turkey sausage.
2. In a large pan, drizzle onions and peppers with olive oil and saute.
3. When the onions are clear and peppers are tender, season with salt and pepper.
4. Add chopped turkey sausage, and saute until sausage is golden brown.
5. Lower heat, add egg whites, and scramble.
6. When eggs are almost done, add in tomato and spinach, mix around, and then serve. If your diet allows it, enjoy with a piece of whole grain toast for a complete and nutritious meal! (source: [bodybuilding.com](http://bodybuilding.com))

### **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).



### Berry Yogurt Smoothie

Directions are for original recipe of 1 serving

1. Combine all ingredients in a food processor or blender and pulse until smooth. Add water if necessary, as desired.

### Sausage and Egg Breakfast Sandwich

Directions are for original recipe of 1 sandwich

1. Remove casing from sausage and form into a thin patty. Heat a non-stick skillet over medium and cook sausage patty until no longer pink and cooked through. Remove from pan cook eggs in the sausage grease until they've reached desired doneness.
2. Toast bread. Top one slice with the patty and the eggs. Finish with remaining slice of bread and enjoy!

### Tomato soup

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)








### Grapes



















Directions are for original recipe of 1 cup

















1. Wash and enjoy.

## Grocery List





### VEGETABLES

	Sun-dried tomatoes	1/4 cup (14 g)
	Arugula Raw	2 cup (40 g)
	Baby carrots Baby, raw	2 cup (492 g)
	Tomatoes Crushed, canned	1/4 cup (60 g)
	Green bell pepper Sweet, green, raw	1/2 medium (approx 2-3/4" long, 2-1/2" dia) (60 g)
	Tomatoes Red, ripe, raw, year round average	2 1/2 medium whole (2-3/5" dia) (308 g)
	Asparagus Raw	11 1/4 spear, medium (5-1/4" to 7" long) (180 g)
	Green beans Snap beans, raw	4 oz (113 g)


	Green beans Frozen, all styles, unprepared snap beans	1 1/4 cup (151 g)
	Broccoli Raw	3 cup chopped (273 g)
	Brussels sprouts Raw	2 cup (176 g)
	Spinach Raw	5 cup (150 g)
	Red bell pepper Sweet, raw	3 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (416 g)
	Fresh cilantro Coriander leaves, raw	1 tbsp (1 g)
	Corn Sweet, yellow, frozen, kernels on cob, unprepared	1/4 cup kernels (41 g)
	Tomato sauce Canned	1/2 cup (122 g)
	Garlic Raw	2 clove (6 g)
	Lettuce Romaine or cos, raw	7 1/2 cup shredded (352 g)
	Onions Raw	2 1/3 medium (2-1/2" dia) (257 g)
FRUITS AND FRUIT JUICES		
	Apples With skin	3 1/3 medium (3" dia) (607 g)
	Strawberries Raw	1 2/3 cup, whole (240 g)
	Strawberries Frozen, unsweetened	1/2 cup, unthawed (74 g)
	Grapes Red or green, raw (european type, such as thompson seedless)	1/2 cup (76 g)
	Banana Raw	1/2 medium (7" to 7-7/8" long) (59 g)
	Lemon juice Raw	1 1/4 tbsp (19 g)
	Limes Raw	1/4 fruit (2" dia) (17 g)

	<b>Nectarines</b> Raw	1/2 medium (2-1/2" dia) (71 g)
	<b>Oranges</b> Raw, all commercial varieties	1 fruit (2-5/8" dia) (131 g)
	<b>Peaches</b> Canned, water pack, solids and liquids	1/4 cup, halves or slices (61 g)
<b>DAIRY PRODUCTS</b>		
	<b>Brie cheese</b>	3 oz (85 g)
	<b>Parmesan cheese</b> Shredded	9 tbsp (45 g)
	<b>Nonfat yogurt</b> Skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz) (245 g)
	<b>Egg</b> Whole, fresh eggs	2 large (100 g)
	<b>Egg white</b> Raw, fresh eggs	3 1/3 egg white (separated from yolk) (133 g)
	<b>Cream cheese</b> Low fat	5 tbsp (75 g)
	<b>Butter</b> Unsalted	3 3/4 tbsp (53 g)
	<b>Mexican cheese</b> Blend, reduced fat	1 1/4 oz (35 g)
<b>BEVERAGES</b>		
	<b>Water</b> Plain, clean water	1/2 cup (118 g)
<b>POULTRY PRODUCTS</b>		
	<b>Ground turkey</b> Poultry food products, raw	2 1/3 oz (66 g)
	<b>Chicken breast</b> Broilers or fryers, meat only, raw	3 1/4 breast, bone and skin removed (767 g)
<b>BEEF PRODUCTS</b>		
	<b>Ground beef</b> 85% lean meat / 15% fat, raw	3 oz (85 g)
<b>PORK PRODUCTS</b>		
	<b>Bacon</b> Pork, cured, cooked, pan-fried	8 strip cooked (64 g)










## SAUSAGE AND LUNCH MEAT

	<b>Deli cut turkey</b> White, rotisserie	12 slice (120 g)
	<b>Italian sausage</b> Pork, raw	1 1/4 link, raw (125 g)
	<b>Sliced turkey</b> Light meat	3 slice oval (78 g)
	<b>Sausage</b> Beef, pork, chicken, skinless, smoked	1/2 link (42 g)




## SEAFOOD
















	<b>Tuna</b> Fish, light, canned in water, drained solids	3 oz (85 g)
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## SPICES AND HERBS

	<b>Salt</b> Table	1/4 tbsp (4.5 g)
	<b>Chili powder</b> Spices	1/3 tbsp (2.5 g)
	<b>Cinnamon</b> Spices, ground	1/2 tbsp (3.9 g)
	<b>Cumin</b> Spices, cumin seed	1/4 tbsp, ground (2.25 g)
	<b>Garlic powder</b> Spices	1/4 tbsp (2.42 g)
	<b>Oregano</b> Spices, dried	1/4 tbsp, leaves (0.75 g)
	<b>Pepper</b> Spices, black	1/4 tbsp (1.6 g)
	<b>Mustard</b> Prepared, yellow	1 tbsp (15 g)
	<b>Balsamic vinegar</b>	1/4 cup (64 g)

## SOUPS AND SAUCES

	<b>Tomato soup</b> Canned, condensed	1/3 cup (81 g)
	<b>Teriyaki sauce</b> Ready-to-serve	4 tbsp (72 g)
	<b>Barbecue sauce</b>	3 2/3 tbsp (64 g)

	<b>Salsa</b> Sauce, ready-to-serve	1/4 cup (65 g)
<b>SOY &amp; LEGUMES</b>		
	<b>Canned black beans</b> Low sodium, drained	1 cup (260 g)
<b>NUT AND SEED PRODUCTS</b>		
	<b>Pecans</b> Nuts	1/4 cup, halves (25 g)
	<b>Almond butter</b> Nuts, plain, without salt added	2 2/3 tbsp (43 g)
<b>BREAKFAST CEREALS</b>		
	<b>Granola</b> Cereals ready-to-eat, homemade	1/2 cup (61 g)
<b>BAKED PRODUCTS</b>		
	<b>Whole-wheat bread</b> Commercially prepared	20 slice (560 g)
	<b>Tortillas</b> Ready-to-bake or -fry, flour	1 tortilla (approx 7-8" dia) (46 g)
<b>GRAINS AND PASTA</b>		
	<b>Spaghetti</b> Dry, unenriched	4 oz (113 g)
	<b>Quinoa</b> Uncooked	1/4 cup (42 g)
	<b>Wheat flour</b> White, all-purpose, enriched, unbleached	1/4 cup (31 g)
<b>FATS AND OILS</b>		
	<b>Olive oil</b> Salad or cooking	5 1/2 tbsp (74 g)
	<b>Sesame oil</b> Salad or cooking	1/4 tbsp (3.4 g)
	<b>Caesar salad dressing</b> Low calorie	1/4 cup (60 g)
	<b>Light mayonnaise</b> Salad dressing, light	3 tbsp (45 g)
<b>SWEETS</b>		
	<b>Jams and preserves</b>	1 tbsp (20 g)



Honey

2 tbsp (42 g)

UNCATEGORIZED



IsaLean Shake

Isagenix

2 1/2 packet (158 g)



IsaLean Shake

Isagenix

1 scoops (30 g)



Diced Original Tomatoes and Green Chilies

Rotel - Walmart

1/3 serving (42 g)



IsaLean Bar

Isagenix

1 1/2 bar (90 g)



Sauce, enchilada, red, mild, ready to serve

1/4 cup (42 g)



Whey Thins, Barbecue

Isagenix

2 pack (50 g)