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Your Meal Plan





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Day 1

1651 Calories • 74g Carbs (24g Fiber) • 95g Fat • 132g Protein

BREAKFAST		324 Cal • 6g Carbs (2g Fiber) • 26g Fat • 16g Protein
	Pumpkin Scrambled Eggs 1 pan • 224 Cal Directions Full Recipe	Ingredients for 1 pan: 1/2 tbsp Olive oil (6.8 g) 2 large Egg (100 g) 1/4 cup Pumpkin (61 g)
	Bacon 2 strips • 100 Cal Directions Full Recipe	Ingredients for 2 strips: 2 strip Bacon (24 g)
LUNCH		203 Cal • 3g Carbs (1g Fiber) • 8g Fat • 27g Protein
	Curry Chicken Salad 1 serving • 203 Cal Directions Full Recipe	Ingredients for 1 serving: 0.167 tsp Olive oil (0.8 g) 1/2 breast, bone and skin removed Chicken breast (118 g) 1/2 stalks, large (11 inches long) Celery (32 g) 0.083 cup Light mayonnaise (20 g) 1/3 tsp Curry powder (0.7 g)
DINNER		720 Cal • 6g Carbs (3g Fiber) • 46g Fat • 70g Protein
	Baked Salmon with Dill 2 serving • 720 Cal Directions Full Recipe	Ingredients for 2 serving: 1/2 spray , about 1/3 second Pam cooking spray (0.1 g) 12 oz Atlantic salmon (340 g) 3/4 tbsp Dill (0.4 g) 1/8 tsp Pepper (0.3 g) 1/4 tsp Salt (1.5 g) 1/2 fruit without seeds Lemons (54 g)

**Spinach, Ham, and Pear Salad**

1 salad • 159 Cal

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

Ingredients for 1 salad:

- 2 cup Spinach (60 g)
- 1 slice oval Sliced ham (27 g)
- 1/4 cup, sliced Red bell pepper (23 g)
- 1 medium Pears (178 g)
- 2 tsp Newman's own low fat balsamic vinaigrette (10 g)

**Celery & Hummus**

2 serving • 245 Cal

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

Ingredients for 2 serving:

- 4 stalks, large (11 inches long) Celery (256 g)
- 1/2 cup Hummus (123 g)

Recipe directions

Pumpkin Scrambled Eggs

Directions are for original recipe of 2 pan

1. Pour olive oil (or coconut oil) into 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 pumpkin to the pan and continue to scramble the eggs, working the pumpkin in gently.
4. Once the eggs are no longer runny, they are done. Enjoy!

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.

Curry Chicken Salad

Directions are for original recipe of 6 serving

1. To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle.
2. In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

Baked Salmon with Dill

Directions are for original recipe of 4 serving

1. Preheat oven to 350 degrees F.
2. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper. Place on the baking sheet,, skin side down.
3. Bake for about 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness is achieved. Serve with lemon wedges. Enjoy!

Spinach, Ham, and Pear Salad

Directions are for original recipe of 1 salad

1. Toss spinach, cubed ham, chopped bell pepper, and chopped pear with salad dressing of your choice. Serve immediately and enjoy!

Celery & Hummus

Directions are for original recipe of 1 serving

1. Eat celery with hummus.

Grocery List

VEGETABLES



Pumpkin
Canned, without salt

1/4 cup (61 g)



Celery
Raw

7 1/4 stalk, medium (7-1/2" - 8" long) (290 g)



Red bell pepper
Sweet, raw

1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30 g)



Spinach
Raw

2 cup (60 g)

FRUITS AND FRUIT JUICES



Pears
Raw

1 medium (178 g)



Lemons
Raw, with peel

1/2 fruit without seeds (54 g)

DAIRY PRODUCTS



Egg
Whole, fresh eggs

2 large (100 g)

POULTRY PRODUCTS



Chicken breast
Broilers or fryers, meat only, raw

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

PORK PRODUCTS



Bacon
Raw, cured pork

1 oz (28 g)

SAUSAGE AND LUNCH MEAT



Sliced ham
Extra lean

1 slice oval (27 g)

SEAFOOD



Atlantic salmon
Fish, farmed, raw

12 oz (340 g)

SPICES AND HERBS



Pepper
Spices, black

1/4 tbsp (1.6 g)



Salt
Table

1/4 tbsp (4.5 g)



Dill
Fresh

3/4 tbsp (0.4125 g)



Curry powder
Spices

1/4 tbsp (1.57 g)

SOY & LEGUMES



Hummus
Commercial

8 1/4 tbsp (124 g)

FATS AND OILS



Olive oil
Salad or cooking

2/3 tbsp (9 g)



Light mayonnaise
Salad dressing, light

1 1/3 tbsp (20 g)



Newman's own low fat balsamic vinaigrette
Mcdonald's

2/3 tbsp (10 g)



Pam cooking spray
Oil, original

1/2 spray , about 1/3 second (0.15 g)