

# Lunaease

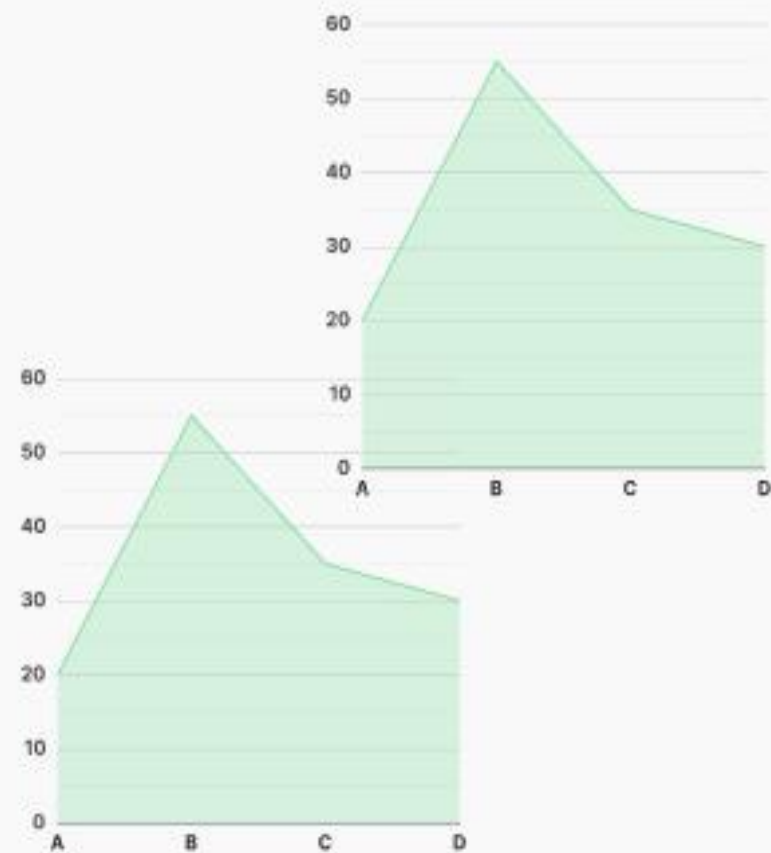
Catalyst for change

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Eat This Much creates personalized meal plans based on your food preferences, budget, and schedule. Reach your diet and nutritional goals with our calorie calculator, weekly meal plans, grocery lists and more. [Create your meal plan right here in seconds.](#)



Graphs



as seen in

fehacker

The Washington Post

CNN underscared

Named Best Meal Planning App of 2023

## Eating smart has never been easier



### Follow any eating style or create your own

You can customize popular eating styles like vegan and paleo to match your needs and preferences.



### Reduce food waste

Planning ahead means less produce going bad in the fridge. Add what you already own to the virtual pantry and our algorithms will use it up with priority.



### Take the anxiety out of picking what to eat

Make the important decisions ahead of time and on your own schedule. Then there's nothing to worry about when it's time to eat.



### Automatic grocery lists

No more skipping meals because you're missing ingredients. Review your meals for the week and the grocery list automatically updates. Then get it delivered with our Instacart or AmazonFresh integration.

Anything Paleo Vegetarian Vegan Ketogenic Mediterranean

I want to eat ## Calories Not sure?

in 4 meals

Generate

Type in a calorie number or use the calculator to figure out your targets. Then click "Generate"!



"Eat This Much not only helps me hit my macros, but also makes sure I'm not eating the same bland thing every day. I've lost 35 lbs over the past year, and with ETM, I'm eating and performing better than ever." \*

**Sam Konowich@samkonthemankon**

(Sam is now our first ETM sponsored athlete!)

"I found out about Eat This Much in July 2017 and lost 32 lbs in 6 months! Now I'm a fit over 50 female in amazing condition, and this site is what I refer to several times a day to ensure I eat properly and manage my macros." \*

**Meg M., awesome ETM user**



"I started tracking my weight in April of 2013 when I was 184lbs. In May I signed up for Eat This Much and immediately appreciated being able to just cook the menu and not worry about what to have for dinner. By November I was down to 155lbs and I still use Eat This Much today!" \*

**Ben Kutil, Product designer**

\* Disclaimer: These are not endorsements, but we do require to tell you that much, and guarantee that this much is a great place to find more info, and you can get it. We also provide you with more information from your diet, but we'll get back to help.

[Get started with a free account →](#)

[Looking for Meal planning software for dietitians, trainers, and coaches? Check it out here](#)

# How it works



Want more info? [Take a quick look at our "How it works" page!](#)



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Want to see some premade meal plans at various calorie levels? Here's an [index of our Calorie diet meal plans](#). These are just examples, as the real power of Eat This Much comes from generating and customizing your own meal plans!

What people are saying - Curated tweets by EatThisMuch

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