

# Monthly Nutrition & Workout Plan (1150 calories & 100g protein)

## Week 1<sup>st</sup>

Morning fasting to support weight loss.

### Day 1 – Saturday

(11:00) Brunch: 2 boiled eggs + 1 slice whole grain bread + 1 cucumber

(14:00) Lunch (The Lowcals): Enchiladas Chili Con Carne

(17:00) Afternoon snack: 2% yogurt + 300g fruit

(20:00) Dinner: 100g grilled chicken + salad with 1 tsp olive oil

### Day 2 – Sunday

(11:00) Brunch: 2 scrambled eggs + 1 whole grain toast + cherry tomatoes

(14:00) Lunch (The Lowcals): Light Carbonara

(17:00) Afternoon snack: Turkey & light cheese toast + tomato

(20:00) Dinner: 150g cottage cheese + salad + 1 barley rusk (15g)

### Day 3 – Monday

(11:00) Brunch: 2% yogurt + 200g fruit

(14:00) Lunch (The Lowcals): Chicken Noodles

(17:00) Afternoon snack: 1 boiled egg + 2 rice cakes + cucumber

(20:00) Dinner: 100g grilled salmon + salad + 1 slice bread

### Day 4 – Tuesday

(11:00) Brunch: 100g cottage cheese + 1 slice whole grain bread + tomato or cucumber

(14:00) Lunch (The Lowcals): Chicken Orzo

(17:00) Afternoon snack: Turkey & light cheese toast + tomato

(20:00) Dinner: Omelette with 2 eggs + 100g egg whites + vegetables + 1 slice bread + tomato

#### Day 5 – Wednesday

(11:00) Brunch: 2% yogurt + 2 tbsp oats + 1 fruit

(14:00) Lunch (The Lowcals): Chicken Noodles

(17:00) Afternoon snack: 2% yogurt + 1 tbsp chia seeds

(20:00) Dinner: 100g turkey fillet + salad + 1 tsp olive oil

#### Day 6 – Thursday

(11:00) Brunch: 100g cottage cheese + 1 slice whole grain bread + cherry tomatoes

(14:00) Lunch (The Lowcals): Enchiladas Chili Con Carne

(17:00) Afternoon snack: 1 boiled egg + 2 rice cakes + cucumber

(20:00) Dinner: 100g grilled chicken + salad + 1 slice bread

#### Day 7 – Friday

(11:00) Brunch: 2% yogurt + 200g fruit

(14:00) Lunch (The Lowcals): Light Carbonara

(17:00) Afternoon snack: Turkey & light cheese toast + tomato

(20:00) Dinner: Omelette with 2 eggs + 100g egg whites + vegetables + salad + 1 slice bread

**Calories: ~1150 kcal | Protein: ~100g**

Weekly Workout Suggestion:

Saturday: 30' strength training (squats, planks, lunges)

Sunday: Light walk or recovery day stretching

Monday: 30' brisk walk + 5' stretching

Tuesday: 30' full body strength workout (squats, push-ups, crunches)

Wednesday: 20' light jog or power walk

Thursday: 45' beginner pilates or yoga

Friday: 20' walk in the park or around the neighborhood