

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

Week 2nd

Day 8 – Saturday

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

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

(17:00) Afternoon snack: 1 barley rusk (15g) + 60g katiki cheese + cherry tomatoes

(20:00) Dinner: 80g grilled chicken + salad + 1 slice bread

Day 9 – Sunday

(11:00) Brunch: 2 scrambled eggs + 1 whole grain toast + 10 cherry tomatoes

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

(17:00) Afternoon snack: 2% yogurt + 200g fruit

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

Day 10 – Monday

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

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

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

(20:00) Dinner: Salad with 80g tuna in water + lemon + 1 slice bread

Day 11 – Tuesday

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

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

(17:00) Afternoon snack: 2% yogurt + 2 tbsp oats + 1 fruit

(20:00) Dinner: Omelette with 1 egg + 50g egg whites + vegetables + salad + 1 slice bread

Day 12 – Wednesday

(11:00) Brunch: 2% yogurt + 2 tbsp oats + 100g fruit

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

(17:00) Afternoon snack: 1 barley rusk (15g) + 60g katiki cheese + cherry tomatoes

(20:00) Dinner: 80g grilled chicken + salad without oil + 1 slice bread

Day 13 – 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 + 1 slice bread + cucumber & tomato

(20:00) Dinner: 80g grilled chicken + salad + 1 slice bread

Day 14 – Friday

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

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

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

(20:00) Dinner: Omelette with 1 egg + 50g 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: 30' light jog or power walk

Thursday: 45' beginner pilates or yoga

Friday: 45' walk in the park or around the neighborhood