

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

Week 3rd

Day 15 – Saturday

(11:00) Brunch: 2% yogurt (200g) + 2 tbsp oats + 1 fruit

(14:00) Lunch (The Lowcals): Chicken patty with sweet potato & carrot purée

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

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

Day 16 – Sunday

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

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

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

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

Day 17 – Monday

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

(14:00) Lunch (The Lowcals): Shrimp Pad Thai with quinoa, buckwheat, ginger, pineapple & vegetables

(17:00) Afternoon snack: 1 boiled egg + 2 barley rusks (15g each) + cherry tomatoes

(20:00) Dinner: 80g tuna in water + salad + 1 tbsp light mayo + 1 barley rusk (15g)

Day 18 – Tuesday

(11:00) Brunch: 2% yogurt (200g) + 2 tbsp oats + 1 fruit

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

(17:00) Afternoon snack: 1 slice bread + 60g fresh anothotyro cheese + 1 tsp honey

(20:00) Dinner: 2 barley rusks (15g each) + 60g light feta + 2 tomatoes

Day 19 – Wednesday

(11:00) Brunch: 2 boiled eggs + 1 toast + cucumber

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

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

(20:00) Dinner: 80g turkey fillet + salad + 1 slice bread

Day 20 – Thursday

(11:00) Brunch: 2% yogurt (200g) + 2 tbsp oats + 1 fruit

(14:00) Lunch (The Lowcals): Chicken patty with sweet potato & carrot purée

(17:00) Afternoon snack: 2 barley rusks (15g each) + 60g katiki cheese + tomato

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

Day 21 – Friday

(11:00) Brunch: 2% yogurt (200g) + 300g fruit

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

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

(20:00) Dinner: Omelette with 1 egg + 50g egg whites + vegetables + 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: 45' 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