

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

Week 4th

Day 22 – Saturday

(11:00) Brunch: 2% yogurt + 200g 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 23 – Sunday

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

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

(17:00) Afternoon snack: 2% yogurt + 1 tsp honey

(20:00) Dinner: 150g cottage cheese + cucumber + 2 mini barley rusks (15g each)

Day 24 – Monday

(11:00) Brunch: 1 slice bread + 60g fresh anothotyro cheese + 1 tsp honey

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

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

(20:00) Dinner: 80g tuna in water + salad + 1 tsp olive oil + 1 slice bread

Day 25 – Tuesday

(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: Turkey & light cheese toast

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

Day 26 – Wednesday

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

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

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

(20:00) Dinner: 100g turkey fillet + salad + 1 slice bread

Day 27 – Thursday

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

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

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

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

Day 28 – Friday

(11:00) Brunch: 2% yogurt + 3 tbsp oats

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

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

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

Wednesday: 45' light jog or power walk

Thursday: 45' beginner pilates or yoga

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