

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

## Week 6<sup>th</sup>

### Day 36 – Saturday

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

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

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

(20:00) Dinner: 80g tuna in water + salad with 1 tbsp light mayo or 1 tsp olive oil + 1 slice bread (30g)

### Day 37 – Sunday

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

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

(17:00) Afternoon snack: 2 eggs + 1 barley rusk (15g) + cucumber

(20:00) Dinner: 2 barley rusks (2x15g) + 80g light feta + 2 tomatoes + balsamic vinegar + oregano

### Day 38 – Monday

(11:00) Brunch: 1 slice bread (30g) + 60g fresh anothotyro cheese + 1 tsp honey

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

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

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

#### Day 39 – Tuesday

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

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

(17:00) Afternoon snack: 2 Wasa crackers + 100g cottage cheese + cherry tomatoes

(20:00) Dinner: Omelette with 2 eggs + 80g light cheese + vegetables (tomato & green pepper) + salad + 1 slice bread

#### Day 40 – Wednesday

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

(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: Salad\* with 80g salmon + lemon-mustard dressing + 1 slice bread (30g)

#### Day 41 – Thursday

(11:00) Brunch: 1 slice bread (30g) + 60g fresh anothotyro or Philadelphia Light + 1 tsp honey

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

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

(20:00) Dinner: Light Pizza – 60g tortilla wrap with Napoletana sauce, 80g light cheese, mushrooms & peppers

#### Day 42 – Friday

(11:00) Brunch: 2% yogurt + 1 tsp honey + 2 tbsp granola

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

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

(20:00) Dinner: Omelette with 1 egg + 50g egg whites + vegetables (tomato & green pepper) + 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: 60' brisk walk + 5' stretching

Tuesday: 60' full body strength workout (squats, push-ups, crunches)

Wednesday: 60' light jog or power walk

Thursday: 60' beginner pilates or yoga

Friday: 60' walk in the park or around the neighborhood