

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

Week 7th

Day 43 – Saturday

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

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

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

(20:00) Dinner: Omelette with 2 eggs and 2 egg whites + vegetables (no oil) + salad (no oil) + 1 slice bread (30g)

Day 44 – Sunday

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

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

(17:00) Afternoon snack: 1 protein pudding + 1 seasonal fruit (100g)

(20:00) Dinner: 2 barley rusks (2x15g) + 150g cottage cheese + salad (no oil) + balsamic vinegar

Day 45 – Monday

(11:00) Brunch: 2% yogurt + 2 tbsp All Bran Plus + 1 tbsp granola

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

(17:00) Afternoon snack: 2% yogurt + 100g seasonal fruit

(20:00) Dinner: 2 carob rusks (2x15g) + 60g light feta + tomato + balsamic vinegar

Day 46 – Tuesday

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

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

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

(20:00) Dinner: Omelette with 2 eggs and 2 egg whites + vegetables (no oil) + salad (no oil) + 1 slice bread (30g)

Day 47 – Wednesday

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

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

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

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

Day 48 – Thursday

(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 protein pudding + 1 seasonal fruit (100g)

(20:00) Dinner: 2 carob rusks (2×15g) + 60g light feta + tomato + balsamic vinegar

Day 49 – Friday

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

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

(17:00) Afternoon snack: 2% yogurt + 1 seasonal fruit (100g)

(20:00) Dinner: Salad with 80g tuna in water + 1 tbsp light mayo + 1 slice bread (30g)

Calories: ~1150 kcal | Protein: ~100g

Weekly Workout Suggestion:

Saturday: 45' 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