

HEALTHY BODY

EAT AND TRAIN TO LOOK AMAZING

Before



After



WLC

Weight Loss Course

1.800 calories

MEAL PLAN 1

high carbohydrates



MEAL PLAN 1 - 1.800 CALORIES **HIGH CARBS**

| | | | |
|----------------------------|----------------|--|--|
| MEAL 1 BREAKFAST | 7:30 AM | 2,4 oz Oat meal (70 g.) 7 oz Milk low fat (200 g.) 0,7 oz Rasins or other fruit (20 g.) 20 oz Water (0,5 liter) | Calories 335 Carbs 45,5g Protein 16g Fat 5,6g |
| MEAL 2 SNACK | 10 AM | 1 Eggs 1 pcs Bread (Whole grain) 10 Almonds 20 oz Water (0,5 liter) | Calories 224 Carbs 51g Protein 19g Fat 6,5g |
| MEAL 3 LUNCH | 12 AM | 7 oz Lean meat (200 g.) 2,4 oz Rice (70 g.) 7 oz Vegetables (200 g.) 20 oz Water (0,5 liter) | Calories 569 Carbs 64g Protein 48g Fat 12g |
| MEAL 4 SNACK | 3 PM | 1 Protein Bar sugar free 20 oz Water (0,5 liter) | Calories 210 Carbs 2,5g Protein 20g Fat 8,5g |
| MEAL 5 DINNER | 6 PM | 7 oz Lean meat (200 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter) | Calories 339 Carbs 13g Protein 43g Fat 12g |
| MEAL 6 SNACK | 9 PM | 5 oz Skyr (150 g.) 5 Almonds | Calories 124,5 Carbs 7,3g Protein 16g Fat 3g |

NOTE: Weight on food is ALWAYS before cooking

MEAL PLAN 1 - EXCHANGING FOODS

| | | | |
|----------------------------|--|---|---|
| MEAL 1 BREAKFAST | E.g. 1 2 Eggs 1 pcs Bread (Whole grain) | E.g. 2 7 oz/200 g. Skyr 1 pcs Fruit 1 tbsp Honey | E.g. 3 3-4 Eggs |
| MEAL 2 SNACK | E.g. 1 5 pcs Rice cakes 1-2 pcs Fruit | E.g. 2 15 pcs Almond 1 Scoop Whey Protein | E.g. 3 10 pcs Almond 7 oz/200 g. Vegetables <i>Or one sugarfree Proteinbar</i> |
| MEAL 3 LUNCH | E.g. 1 3 Eggs 5,3 oz/150 g. Lean meat 7 oz/200 g. Vegetables | E.g. 2 6 oz/175 g. Lean meat 10 oz/300 g. Vegetables 3,5 oz/100 g. Greek yoghurt | E.g. 3 4 Eggs 7 oz / 200 g. Potatoes 10 oz/300 g. Vegetables |
| MEAL 4 SNACK | E.g. 7 oz/200 g. Skyr 1 Scoop Whey protein | E.g. 2 2 Eggs 1/2 pcs Bread (Whole grain) | E.g. 3 15 pcs Almonds 1 Scoop Whey protein <i>Or one sugarfree Proteinbar</i> |
| MEAL 5 DINNER | E.g. 1 5 oz/150 g. Salmon 5 oz/150 g. Egg whites | E.g. 2 7 oz/200 g. Lean meat 1/2 cup/122 g. Tomato saauce 1/2 cup/122 g. Onions chopped 3,5 oz/100 g. Vegetables | E.g. 3 5,3 oz/150 g. Lean meat 3,5 oz/100 g. egg whites 10 oz/100 g. Vegetables |
| MEAL 6 SNACK | E.g. 1 15 pcs Almonds 3,5 oz/100 g. Skyr | E.g. 2 10 pcs Almonds 2 Eggs | E.g. 3 10 pcs Almonds 1 Scoop Whey protein |

NOTE: Weight on food is ALWAYS before cooking

Lean meat: Chicken, turkey, fish, beef and pork, etc. (3-12%, fat)

Vegetables: All above the ground

Fruit: Bananas, apples, pineapples, avocados, blueberries, oranges, cherries, grapes, peaches, raisins, strawberries, etc.

Drinking diet soda, tea and coffee is okay.

1.600 calories

MEAL PLAN 2

low carbohydrates



MEAL PLAN 2 - 1.600 CALORIES **LOW CARBS**

| | | | | | | |
|----------------------------|----------------|---|-----------------|----------------|------------------|-------------|
| MEAL 1 BREAKFAST | 7:30 AM | 7 oz Skyr (200 g.) 1 Scoop Whey protein 20 oz Water (0,5 liter) | Calories 225 | Carbs 10g | Protein 47g | Fat 2g |
| MEAL 2 SNACK | 10 AM | 2 Eggs 15 Almonds 20 oz Water (0,5 liter) | Calories 275 | Carbs 4g | Protein 19,5g | Fat 21g |
| MEAL 3 LUNCH | 12 AM | 7 oz Lean meat (200 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter) | Calories 339 | Carbs 13,5g | Protein 43g | Fat 12g |
| MEAL 4 SNACK | 3 PM | 1 Protein Bar sugar free 20 oz Water (0,5 liter) | Calories 210 | Carbs 2,5g | Protein 20g | Fat 8,5g |
| MEAL 5 DINNER | 6 PM | 7 oz Lean meat (200 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter) | Calories 339 | Carbs 13,5g | Protein 43g | Fat 12g |
| MEAL 6 SNACK | 9 PM | 5 oz Skyr (150 g.) 15 Almonds | Calories 176 | Carbs 9g | Protein 18g | Fat 8g |

NOTE: Weight on food is ALWAYS before cooking

MEAL PLAN 2 - EXCHANGING FOODS

| | | | |
|----------------------------|--|---|--|
| MEAL 1 BREAKFAST | E.g. 1 2-3 Eggs 1 Scoop Whey Protein | E.g. 2 1 Protein bar sugar free 3,5 oz/100 g. Vegetables | E.g. 3 2 Egg 3,5 oz/100 g. Lean Meat |
| MEAL 2 SNACK | E.g. 1 5,3 oz/150 g. Egg Whites 5,3 oz/150 g. Yoghurt Sugar Free | E.g. 2 15 pcs Almond 1 Scoop Whey Protein | E.g. 3 15 pcs Almond 7 oz/200 g. Vegetables <i>Or one sugarfree Proteinbar</i> |
| MEAL 3 LUNCH | E.g. 1 3 Eggs 3,5 oz/100 g. Lean meat 7 oz/200 g. Vegetables | E.g. 2 6,1 oz/175 g. Lean meat 10 oz/300 g. Vegetables 3,5 oz/100 g. Greek yoghurt | E.g. 3 4 Eggs 10 oz/300 g. Vegetables |
| MEAL 4 SNACK | E.g. 7 oz/200 g. Skyr 1 Scoop Whey protein | E.g. 2 5,3 oz/150 g. Egg Whites 1 Scoop Whey Protein 5 pcs Almond | E.g. 3 15 pcs Almonds 1 Scoop Whey protein <i>Or one sugarfree Proteinbar</i> |
| MEAL 5 DINNER | E.g. 1 5 oz/150 g. Salmon 7 oz/200 g. Egg whites | E.g. 2 7 oz/200 g. Lean meat 1/2 cup/122 g. Tomato saauce 1/2 cup/122 g. Onions chopped 3,5 oz/100 g. Vegetables | E.g. 3 5,3 oz/150 g. Lean meat 3,5 oz/100 g. Egg whites 10 oz/100 g. Vegetables |
| MEAL 6 SNACK | E.g. 1 5 pcs Almonds 3,5 oz/100 g. Skyr 1 Scoop Whey protein | E.g. 2 15 pcs Almonds 3,5 oz/100 g. Egg Whites | E.g. 3 15 pcs Almonds 1 Scoop Whey protein |

NOTE: Weight on food is ALWAYS before cooking

Lean meat: Chicken, turkey, fish, beef and pork, etc. (3-12%, fat)

Vegetables: All above the ground

Fruit: Bananas, apples, pineapples, avocados, blueberries, oranges, cherries, grapes, peaches, raisins, strawberries, etc.

Drinking diet soda, tea and coffee is okay.

735 RECIPES

BREAKFAST (144)

30 Low-Calorie Breakfasts

42 Low-Calorie Breakfast Recipes

72 - 300 Calorie Breakfasts

SNACKS (249)

49 Super Easy & Healthy Low-Calorie Snacks

21 Snacks Under 200 Calories

50 Healthiest Snacks to Eat for Weight Loss

21 Healthy Low Calorie Snacks

87 Healthy Low Calorie Snacks

21 Delicious Meals Under 200 Calories

Lunch / Dinner (342)

100 Healthy, Low-Calorie Dinners

21 Easy low-calorie meals

64 Lower-calorie recipes

Low calorie meals: 157 family dinners



- *You will achieve great benefits if you take the time to understand the fundamentals about diet and nutrition.*
- *This will make things easier for you and will open up a world of possibilities in the kitchen.*



Kennet Wedel
Personal Trainer, Nutritionist
& Running Coach

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