

HEALTHY BODY

EAT AND TRAIN TO LOOK AMAZING

Before



After



WLC

Weight Loss Course

1.500 calories

MEAL PLAN 1

high carbohydrates



MEAL PLAN 1 - 1.500 CALORIES **HIGH CARBS**

MEAL 1 BREAKFAST	7:30 AM	2 Eggs 1 pcs Bread (Whole grain) 20 oz Water (0,5 liter)	Calories 330 Carbs 27g Protein 23g Fat 14,5g
MEAL 2 SNACK	10 AM	1 pcs Fruit 10 Almonds 20 oz Water (0,5 liter)	Calories 183 Carbs 24g Protein 5g Fat 9g
MEAL 3 LUNCH	12 AM	5 oz Lean meat (150 g.) 2 oz Rice (50 g.) 7 oz Vegetables (200 g.) 20 oz Water (0,5 liter)	Calories 430 Carbs 48g Protein 36g Fat 9g
MEAL 4 SNACK	3 PM	1 Scoop Whey protein (35 g.) 5 oz Vegetables (200 g.) 20 oz Water (0,5 liter)	Calories 185 Carbs 11g Protein 30g Fat 2g
MEAL 5 DINNER	6 PM	6 oz Lean meat (170 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter)	Calories 299 Carbs 13g Protein 37g Fat 10g
MEAL 6 SNACK	9 PM	5 oz Skyr (150 g.)	Calories 90 Carbs 6g Protein 14,5g Fat 0,2g

NOTE: Weight on food is ALWAYS before cooking

MEAL PLAN 1 - EXCHANGING FOODS

MEAL 1 BREAKFAST	E.g. 1 2 Eggs 1 pcs Fruit	E.g. 2 5 oz/150 g. Skyr 1 pcs Fruit 1 tbsp Honey	E.g. 3 2 oz/50 g. Oat meal 5 oz/150 g. Milk low fat 20 g. Rasins
MEAL 2 SNACK	E.g. 1 4 pcs Rice cakes 1 pcs Fruit	E.g. 2 10 pcs Almond 1 Scoop Whey Protein	E.g. 3 5 pcs Almond 7 oz/200 g. Vegetables <i>Or one sugarfree Proteinbar</i>
MEAL 3 LUNCH	E.g. 1 2 Eggs 3,5 oz/100 g. Lean meat 7 oz/200 g. Vegetables	E.g. 2 5 oz/150 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. 1 7 oz/200 g. Skyr 1 Scoop Whey protein	E.g. 2 2 Eggs 1/2 pcs Bread (Whole grain)	E.g. 3 10 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 5 oz/150 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 3,5 oz/100 g. Lean meat 3,5 oz/100 g. egg whites 10 oz/100 g. Vegetables
MEAL 6 SNACK	E.g. 1 10 pcs Almonds 3,5 oz/100 g. Greek yoghurt	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.

1.300 calories

MEAL PLAN 2

low carbohydrates



MEAL PLAN 2 - 1.300 CALORIES **LOW CARBS**

MEAL 1 BREAKFAST	7:30 AM	7 oz Skyr (200 g.) 10 Almonds 20 oz Water (0,5 liter)	Calories 189	Carbs 10g	Protein 22g	Fat 6,5g
MEAL 2 SNACK	10 AM	3,5 oz Egg whites (100 g) 1 Scoop Whey Protein (35 g.) 20 oz Water (0,5 liter)	Calories 187	Carbs 2,5g	Protein 39g	Fat 2g
MEAL 3 LUNCH	12 AM	6,2 oz Lean meat (175 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter)	Calories 306	Carbs 13,5g	Protein 38g	Fat 10g
MEAL 4 SNACK	3 PM	10 Almonds 5 oz Vegetables (200 g.) 20 oz Water (0,5 liter)	Calories 119	Carbs 11g	Protein 5g	Fat 6,5g
MEAL 5 DINNER	6 PM	6 oz Lean meat (170 g.) 10 oz Vegetables (300 g.) 20 oz Water (0,5 liter)	Calories 299	Carbs 13g	Protein 37g	Fat 10g
MEAL 6 SNACK	9 PM	3,5 oz Skyr (100 g.) 1 Scoop Whey Protein (35 g.)	Calories 195	Carbs 6g	Protein 37,5g	Fat 2g

NOTE: Weight on food is ALWAYS before cooking



MEAL PLAN 2 - EXCHANGING FOODS

MEAL 1 BREAKFAST	E.g. 1 2 Eggs 1 Scoop Whey Protein	E.g. 2 5 oz/150 g. Skyr 3,5 oz/100 g. Vegetables	E.g. 3 1 Egg 3,5 oz/100 g. Lean Meat
MEAL 2 SNACK	E.g. 1 3,5 oz/100 g. Egg Whites 3,5 oz/100 g. Yoghurt Sugar Free	E.g. 2 10 pcs Almond 1 Scoop Whey Protein	E.g. 3 5 pcs Almond 7 oz/200 g. Vegetables <i>Or one sugarfree Proteinbar</i>
MEAL 3 LUNCH	E.g. 1 2 Eggs 3,5 oz/100 g. Lean meat 7 oz/200 g. Vegetables	E.g. 2 5 oz/150 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 3,5 oz/100 g. Egg Whites 1 Scoop Whey Protein 5 pcs Almond	E.g. 3 10 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 5 oz/150 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 3,5 oz/100 g. Lean meat 3,5 oz/100 g. Egg whites 10 oz/100 g. Vegetables
MEAL 6 SNACK	E.g. 1 10 pcs Almonds 3,5 oz/100 g. Skyr	E.g. 2 10 pcs Almonds 3,5 oz/100 g. Egg Whites	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.



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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