

Meal Plan #1

Breakfast:

- ICA's quark 10% fat: 50 g (1.7 oz.) = $0.50 \times 140 = 84$ kcal *Quark is like cottage cheese.
- Mild yoghurt 0.5% fat: 1.6 dl (1/4 cup) = $1.6 \times 40 = 64$ kcal
- Cinnamon: 0 kcal

Mix in a little vanilla powder, for a yummy treat.

Total: 148 kcal

Lunch:

Hamburgers & Dressing

- Ground Beef 10% fat: 500 grams (1.1 lb) = $5 \times 149 = 745$ kcal
- 1 clove of garlic about 5 grams (.17 oz.) = $0.05 \times 158 = \sim 8$ kcal
- 1 egg, normal sized 77 kcal
- Butter about 5 grams (1 tsp or .17oz) = $0.05 \times 720 = 36$ kcal
- Salt
- White Pepper
- Black Pepper

Chop the garlic and mix together with the egg and ground beef. Mince well. Add salt and pepper. Form 5 patties to make burgers at about 100 grams (3.5 oz.) each. Fry them in butter. Sprinkle black pepper and salt when it turns brown.

Total: 173 kcal (for hamburgers)

*Make your own dressing for the hamburger with sour cream and chili sauce or flavored ketchup seasoned with a little white pepper. Mix 4 tablespoons sour cream (about 100 grams or 3.5 ounces, $1 \times 140 = 140$ kcal), with 1 tablespoon chili sauce or flavored ketchup (about 20 grams or 0.7 ounces, $0.2 \times 100 = 20$ kcal). Total calories in the dressing become 160 kcal (5 servings).

- Dressing 1 Tablespoon = $160/5 = 32$ kcal
- Romaine Lettuce 20 grams (0.7 oz.) = $0.2 \times 15 = 3$ kcal
- Red onion 10 grams (0.35 oz.) = $0.1 \times 35 = 3.5$ kcal
- 1 Tomato 100 grams (3.5 oz.) = $1 \times 26 = 26$ kcal
- Cucumber 20 grams (0.7 oz.) = $0.2 \times 11 = 2.2$ kcal

Use romaine lettuce as "hamburger bread," with one leaf for the bottom and one for the top. It is crunchy, easy to eat, and delicious! Add the hamburger between your "lettuce bread" and add the red onion, salad dressing, tomato and cucumber.

Total: 173 kcal (for dressing)

Total for lunch: 240 kcal

Dinner:

Men

- 2 eggs $77 \text{ kcal} \times 2 = 144 \text{ kcal}$
- Finn Crisp Original (3 plates) $20 \text{ kcal} \times 3 = 60 \text{ kcal}$ *Finn Crips are whole-grain rye crackers

Women

- 1 egg 77 kcal
- 2 Finn Crisp original (2 plates) $20 \text{ kcal} \times 2 = 40 \text{ kcal}$

Total: 204 kcal (men)
127 kcal (women)

Total for Meal Plan #1 = 505 kcal (women) 592 kcal (men)

Meal Plan #2

Breakfast:

- 1 egg (may add salt) 77 kcal
- Frozen Blueberry *Women 25 g (0.88 oz.) = $0.25 \times 55 = 14$ kcal
*Men 50 g (1.6 oz.) = $0.50 \times 55 = 28$ kcal
- Frozen Raspberries *Women 25 g (0.88 oz.) = $0.25 \times 47 = 12$ kcal
*Men 50 g (1.6 oz.) = $0.50 \times 47 = 23$ kcal
- Tea/Coffee 0 kcal
(no milk or sugar)

Total: 103 kcal (women)
128 kcal (men)

Lunch:

- Mozzarella 60 g (2.11oz.) = $0.60 \times 251 = 150.6$ kcal
- Cherry Tomatoes 100 g (3.5 oz.) = $1.0 \times 26 = 26$ kcal
- Olive Oil 1 teaspoon = $0.027 \times 900 = 25$ kcal
- Onion 20 g (0.7 oz.) = $0.20 \times 35 = 7$ kcal
- Cashews *Women 7 g (0.25 oz.) = $0.07 \times 610 = 42.7$ kcal
*Men 19 g (0.7 oz.) = $.19 \times 610 = 116$ kcal
- Fresh Basil 5g (0.17 oz.) = $0.05 \times 25 =$ about 1.3 kcal
- Apple Cider Vinegar 5g (0.17 oz.) = $0.05 \times 15 =$ about 1 kcal

Plate nicely and season with salt (sea salt is great!). Fresh basil can be substituted with iceberg lettuce.

Total: 254 kcal (women)
327 kcal (men)

Dinner:

- Salmon 40 g (1.4 oz.) = $0.40 \times 230 = 92$ kcal
- Broccoli 60 g (2.1 oz.) = $0.60 \times 25 = 15$ kcal
- Carrot 60 g (2.1 oz.) = $0.60 \times 31 =$ about 19 kcal
- Tomato 40 g (1.4 oz.) = $0.40 \times 26 =$ approx 10.4 kcal
- Bell Pepper (red) 20 g (0.7 oz.) = $0.20 \times 36 =$ about 7.2 kcal

Preheat the oven to 225 degrees and season the salmon with lemon pepper.

Next, add in broccoli, sliced carrots, sliced tomato, and shredded pepper.

Let everything cook in the oven for 15 minutes. Season with a little sea salt on everything.

Weigh, after all, been in the oven. Add in a little more than you think the first time so you can find the right process.

Total: 143 kcal

Total for the Meal Plan #2 = 500 kcal (women) 598 kcal (men)

Meal Plan #3

Breakfast:

- 1 egg (may salt egg) 77 kcal
- 1 slice FINN CRISP 20 kcal
- Frozen Great Blueberry ICA 25 g (0.88 oz.) = $0.50 \times 55 =$ about 28 kcal
- Tea/Coffee 0 kcal
(no milk and sugar)

Total: 97 kcal (women)

125 kcal (men)

Lunch:

- Mozzarella 60 g (2.1 oz.) = $0.60 \times 251 = 150.6$ kcal
- Cherry Tomatoes 100g (3.5 oz.) = $1.0 \times 26 = 26$ kcal
- Olive Oil 1 teaspoon = $0.027 \times 900 = 25$ kcal
- Onion 20 g (0.7 oz.) = $0.20 \times 35 = 7$ kcal *choose yellow, white, or red onion
- Cashews *Women 7 grams (0.25 oz.) = $0.07 \times 610 =$ about 42.7 kcal
*Men 19 g = 116 kcal
- Fresh Basil 5g (0.18 oz.) = $0.05 \times 25 =$ about 1.3 kcal * iceberg lettuce substitution
- Apple Cider Vinegar 5 g (0.18 oz.) = $0.05 \times 15 =$ about 1 kcal

Add ingredients up nicely and season with herbal salt or sea salt .

Total: 254 kcal (women)

327 kcal (men)

Dinner:

- 2 cups Mild light yogurt 2 cups = 40 Kcal
- Apple Slices 110 g (3.9 oz.) = $1.1 \times 60 = 66$ kcal

Slice apple into pieces and season with cinnamon as it is good and healthy.

Total: 146 kcal

Total for the Meal Plan #3 = 497 kcal (women) 598 kcal (men)

Meal Plan #4

Breakfast:

- 1 egg (may salt egg) 77 kcal
- Frozen Blueberries *Women 70 g (2.5 oz.) = $0.70 \times 55 = 38.5$ kcal
*Men 110 g (3.9 oz.) = 60.5 kcal
- Tea/Coffee 0 kcal
(no milk or sugar)

Total: 115.5 kcal (women)
138 kcal (men)

Lunch:

- Mixed salad ICA 30g (1 oz.) = $0.30 \times 18 = 5.4$ kcal
- Goji Berries 5 g (0.18 oz.) = $0.05 \times 313 = 15.5$ Kcal
- Onion 20g (0.7 oz.) = $0.20 \times 35 = 7$ kcal
- Watermelon 100g (3.5 oz.) = $1.0 \times 40 = 40$ kcal
- Feta Cheese (Apertina Arla, classic) 50 g (1.8 oz.) = $0.5 \times 215 = 108$ kcal
- Olive Oil 1 teaspoon = $0.027 \times 900 = 25$ kcal

Create a mixed salas with ingredients. Add feta chesse and oil to top, add oregeno for spice.

Total: 201 kcal

Dinner:

- Chicken 80 g (2.8 oz.) = $0.8 \times 115 =$ about 92 kcal
- Salted Cashews *Women 10 g (0.35 oz.) = $0.10 \times 610 =$ approx. 61 kcal
*Men 20 g (0.7 oz.) = $0.20 \times 610 =$ approx. 122 kcal
- Carrots 50 g (1.8 oz.) = $0.50 \times 31 =$ approx. 15.5 kcal
- Cherry Tomatoes 30 g (1.06 oz.) = $0.30 \times 26 =$ about 8 kcal
50 g (1.8 oz.) = $0.30 \times 26 =$ about 13 kcal
- Orange Peppers *Women 20g (0.7 oz.) = $0.20 \times 0.3 = 6$ kcal
*Men 50 g (1.8 oz.) = $0.50 \times 0.3 = 15$ kcal

Season the chicken with oregano and herbal salt.

Total: 183 kcal (women)
258 kcal (men)

Total for the Meal Plan #4 = 499.5 kcal (women) 597 kcal (men)

Meal Plan #5

Breakfast:

- 1 egg (may salt egg) 77 kcal
- Frozen Blueberries *Women 70 g (2.5 oz.) = $0.70 \times 55 = 38.5$ kcal
*Men 110 g (3.9 oz.) = 60.5 kcal
- Tea/Coffee 0 kcal
(no milk and sugar)

Total: 115.5 kcal (women)
132 kcal (men)

Lunch:

- Cherry Tomatoes/Regular Tomatoes 200 g (7.05 oz.) = $2 \times 0.26 = 52$ kcal
- Goji berries 20 g (0.7 oz.) = $0.2 \times 313 = 63$ kcal
- Baby Spinach 65 g (2.3 oz.) = $0.65 \times 15 = 10$ kcal
- Pistachio Nuts *Women 15 g (0.53oz.) = $0.15 \times 610 = 91$ kcal
*Men 20 g (0.7 oz.) = $0.20 \times 610 = 122$ kcal

Total: 216 kcal (women)
247 kcal (men)

Dinner:

- Iceberg lettuce 100 g (3.5 oz.) = $1.0 \times 14 =$ approx. 14 kcal
- Chicken 50 g (1.8 oz.) = $0.5 \times 115 =$ approx. 58 kcal
- Black Fiber Pasta *Women 70 g (2.5 oz.) = $0.7 \times 135 =$ about 95 kcal
*Men 110 g (3.9 oz.) = $0.7 \times 135 = 148$ kcal

(Note: Weigh pasta after you've cooked it for the 135 kcal. The pasta swells during cooking and the kcals would not be correct. 100 g of uncooked pasta is 365 kcal.)

Total: 167 kcal (women)
220 kcal (men)

Total for the Meal Plan #5 = 498.5 kcal (women) 599 kcal (men)