

High Volume Low Calorie Meal Plan

| DAY 1 | | |
|---------------------|---|---------------|
| Breakfast | Baked Frittata Cups | 2 servings |
| | Whole wheat bread, toasted | 2 slice |
| | Coffee (Unsweetened) | 1 portion(s) |
| | Almond Milk | 1 cup |
| Mid-morning Snack | Berries and Agar Jelly Cups (Unsweetened) | 1 serving |
| | Greek Yogurt (Low Fat) | 1 portion(s) |
| Lunch | Sesame Ginger Chicken Wraps | 1 serving |
| | Mushroom Clear Soup | 1 serving |
| | Watermelon | 1 cup |
| Mid-afternoon snack | Lemon Herb Zucchini Chips with Cottage Cheese | 1 serving |
| | Cucumber Mint Water | 1 serving |
| | Blueberries | 1/2 cup |
| Dinner | Spinach and Lentil Salad | 1 serving |
| | Cajun Chicken with Bell Peppers | 1 serving |
| | Strawberries | 1 cup, halves |

Macronutrient summary

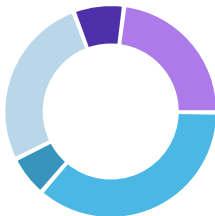
| | TOTAL IN PLAN | AVERAGE / DAY |
|---------------|---------------|---------------|
| Energy [kcal] | 1500.9 | 1500.9 |
| Protein [g] | 127.7 | 127.7 |
| Fat [g] | 50.1 | 50.1 |
| Carbs [g] | 142 | 142 |
| Fiber [g] | 27.8 | 27.8 |
| Net Carbs [g] | 114.2 | 114.2 |



33 % Protein 29 % Fat
37 % Carbs

Macronutrient summary per meal

| MEALS | ENERGY | PROTEIN | FAT | CARBS | FIBER | NET CARBS |
|---------------------|--------|---------|------|-------|-------|-----------|
| AVG/DAY | [KCAL] | [G] | [G] | [G] | [G] | [G] |
| Breakfast | 347.6 | 22.8 | 14.5 | 30.6 | 4.5 | 26.1 |
| Mid-morning Snack | 113 | 10.3 | 2.4 | 13.5 | 2.1 | 11.4 |
| Lunch | 402.4 | 32.7 | 12.1 | 42.8 | 5.5 | 37.3 |
| Mid-afternoon snack | 91.5 | 4.2 | 2.9 | 14.3 | 3 | 11.3 |
| Dinner | 546.4 | 57.7 | 18.1 | 40.8 | 12.7 | 28.1 |



23 % Breakfast 8 %
Mid-morning Snack 27
% Lunch 6 % Mid-af-
ternoon snack 36 %
Dinner

Macronutrient summary per day

| | ENERGY | PROTEIN | FAT | CARBS | FIBER | NET CARBS |
|-------|--------|---------|------|-------|-------|-----------|
| | [KCAL] | [G] | [G] | [G] | [G] | [G] |
| Day 1 | 1500.9 | 127.7 | 50.1 | 142 | 27.8 | 114.2 |

Day 1 macronutrient breakdown

| FOOD | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|------------|--------------|--------------|------------------|
| Breakfast | | | | | | |
| Baked Frittata Cups 2 servings | 154.3 | 13 | 9.6 | 3.4 | 0.7 | 2.7 |
| Whole wheat bread, toasted 2 slice | 153 | 8.1 | 2 | 25.6 | 3.8 | 21.8 |
| Coffee (Unsweetened) 1 portion(s) | 1 | 0.2 | 0 | 0.1 | 0 | 0.1 |
| Almond Milk 1 cup | 39.3 | 1.5 | 2.9 | 1.5 | 0 | 1.5 |
| TOTAL FOR BREAKFAST | 347.6 | 22.8 | 14.5 | 30.6 | 4.5 | 26.1 |
| Mid-morning Snack | | | | | | |
| Berries and Agar Jelly Cups (Unsweetened) 1 serving | 40 | 0.3 | 0.5 | 9.6 | 2.1 | 7.5 |
| Greek Yogurt (Low Fat) 1 portion(s) | 73 | 10 | 1.9 | 3.9 | 0 | 3.9 |
| TOTAL FOR MID-MORNING SNACK | 113 | 10.3 | 2.4 | 13.5 | 2.1 | 11.4 |
| Lunch | | | | | | |
| Sesame Ginger Chicken Wraps 1 serving | 314.8 | 29 | 10.6 | 25.7 | 4.1 | 21.6 |
| Mushroom Clear Soup 1 serving | 43.5 | 2.8 | 1.3 | 6 | 0.9 | 5.1 |
| Watermelon 1 cup | 44.1 | 0.9 | 0.2 | 11.1 | 0.6 | 10.5 |
| TOTAL FOR LUNCH | 402.4 | 32.7 | 12.1 | 42.8 | 5.5 | 37.3 |
| Mid-afternoon snack | | | | | | |
| Lemon Herb Zucchini Chips with Cottage Cheese 1 serving | 50.1 | 3.4 | 2.7 | 4.2 | 1.1 | 3.1 |
| Cucumber Mint Water 1 serving | 6.1 | 0.3 | 0.1 | 1.1 | 0.4 | 0.7 |
| Blueberries 1/2 cup | 35.3 | 0.5 | 0.2 | 9 | 1.5 | 7.5 |

| | | | | | | |
|--|--------|-------|------|------|------|-------|
| TOTAL FOR MID-AFTERNOON SNACK | 91.5 | 4.2 | 2.9 | 14.3 | 3 | 11.3 |
| Dinner | | | | | | |
| Spinach and Lentil Salad 1 serving | 107.8 | 5.5 | 3.9 | 14.1 | 4.9 | 9.2 |
| Cajun Chicken with Bell Peppers 1 serving | 390 | 51.2 | 13.8 | 15 | 4.8 | 10.2 |
| Strawberries 1 cup, halves | 48.6 | 1 | 0.5 | 11.7 | 3 | 8.7 |
| TOTAL FOR DINNER | 546.4 | 57.7 | 18.1 | 40.8 | 12.7 | 28.1 |
| TOTAL FOR DAY 1 | 1500.9 | 127.7 | 50.1 | 142 | 27.8 | 114.2 |

Cajun Chicken with Bell Peppers

 35 min

 2 servings

Per serving: 390 Kcal 51g Protein 14g Fat 15g Carbs

Ingredients

- Red Bell pepper, 1 portion
- Olive oil, 1 servings
- Garlic, 2 cloves
- Yellow Bell pepper, 1 portion
- Salt and pepper, 1 tsp
- Chicken breasts, 1 pound
- Onion, 1 medium
- Cajun seasoning, 1 tablespoon



Instructions

Preheat oven to 400°F (200°C).

Season chicken breasts with Cajun seasoning, salt, and pepper.

Heat olive oil in a large oven-safe skillet over medium-high heat.

Add chicken breasts and cook for 3-4 minutes per side, until browned.

Remove chicken from skillet and set aside.

Add bell peppers, onion, and garlic to the skillet and sauté for 5 minutes, until vegetables are tender.

Return chicken to the skillet and transfer to the preheated oven.

Bake for 15-20 minutes, until chicken is cooked through.

Serve hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 779 | 89.9 | 389.5 |
| Protein [g] | 102.3 | 11.8 | 51.2 |
| Fat [g] | 27.5 | 3.2 | 13.8 |
| Carbs [g] | 30 | 3.5 | 15 |
| Fiber [g] | 9.5 | 1.1 | 4.8 |
| Net Carbs [g] | 20.5 | 2.4 | 10.3 |



53 % Protein 32 % Fat 15 % Carbs

Spinach and Lentil Salad

🕒 15 min 🍽️ 4 servings

Per serving: 107 Kcal 6g Protein 4g Fat 14g Carbs

Ingredients

- Lemon juice, 2 tablespoons
- Cucumber, 1/4 cup
- Baby spinach leaves, 2 cup
- Lentils, 1 cup
- Cherry tomatoes, 1/2 cup
- Onion, 1/2 large
- Parsley, 2 tablespoons
- Extra virgin olive oil, 1 tablespoon
- Ground cumin, 1/2 teaspoon
- Salt, 1 tsp
- Black Pepper, 1/4 tsp, ground



Instructions

In a large bowl, combine the baby spinach, cooked lentils, cherry tomatoes, red onion, cucumber, and parsley.

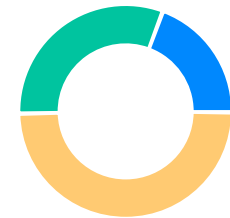
In a small bowl, whisk together the lemon juice, olive oil, cumin, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Serve immediately or refrigerate for later use.

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 429.5 | 85.6 | 107.4 |
| Protein [g] | 21.9 | 4.4 | 5.5 |
| Fat [g] | 15.6 | 3.1 | 3.9 |
| Carbs [g] | 56.2 | 11.2 | 14.1 |
| Fiber [g] | 19.6 | 3.9 | 4.9 |
| Net Carbs [g] | 36.6 | 7.3 | 9.2 |



19 % Protein 31 % Fat 50 % Carbs

Cucumber Mint Water

🕒 10 min 🍽️ 4 servings

Per serving: 6 Kcal 0g Protein 0g Fat 1g Carbs

Ingredients

- **Mint leaves**, 10 leaves
- **Cucumber**, 1 medium
- **Water**, 4 cups



Instructions

Wash the cucumber thoroughly and slice it into thin rounds.

Pick the mint leaves from the stems and gently crush them to release their flavor.

In a pitcher, combine the cucumber slices and mint leaves.

Pour water into the pitcher and stir well.

Cover the pitcher and refrigerate for at least 1 hour to allow the flavors to infuse.

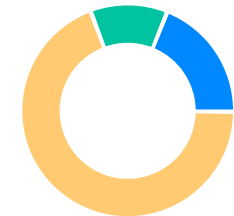
When ready to serve, add ice cubes to individual glasses and pour the cucumber mint water over them.

Garnish with additional cucumber slices or mint leaves, if desired.

Enjoy the refreshing cucumber mint water!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 24,5 | 2,1 | 6,1 |
| Protein [g] | 1,2 | 0,1 | 0,3 |
| Fat [g] | 0,3 | 0 | 0,1 |
| Carbs [g] | 4,4 | 0,4 | 1,1 |
| Fiber [g] | 1,4 | 0,1 | 0,4 |
| Net Carbs [g] | 3 | 0,3 | 0,8 |



19 % Protein 12 % Fat 69 % Carbs

Lemon Herb Zucchini Chips with Cottage Cheese

🕒 20 min 🍽️ 4 servings

Per serving: 50 Kcal 3g Protein 3g Fat 4g Carbs

Ingredients

- Lemon juice, 1 t
- Rosemary, 1 serving
- Salt, 1/2 teaspoon
- Thyme, 1 tsp, leaves
- Olive oil, 2 teaspoons
- Zucchini, 2 medium
- Pepper, 1/4 tsp
- cottage cheese, reduced fat, 1/2 cup



Instructions

Preheat the oven to 425°F (220°C).

Slice the zucchinis into thin rounds, about 1/8 inch thick.

In a large bowl, combine olive oil, lemon juice, dried thyme, dried rosemary, salt, and black pepper. Mix well.

Add the zucchini slices to the bowl and toss until they are evenly coated with the herb mixture.

Arrange the zucchini slices in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for 10 minutes.

Flip the zucchini slices and bake for an additional 10 minutes, or until they are golden and crispy.

Remove from the oven and let cool for a few minutes before serving.

Enjoy with blended cottage cheese dip!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 200.7 | 40 | 50.2 |
| Protein [g] | 13.6 | 2.7 | 3.4 |
| Fat [g] | 10.6 | 2.1 | 2.7 |
| Carbs [g] | 16.9 | 3.4 | 4.2 |
| Fiber [g] | 4.5 | 0.9 | 1.1 |
| Net Carbs [g] | 12.4 | 2.5 | 3.1 |



25 % Protein 44 % Fat 31 % Carbs

Sesame Ginger Chicken Wraps

🕒 25 min 🍽️ 4 servings

Per serving: 314 Kcal 29g Protein 11g Fat 26g Carbs

Ingredients

- Cilantro, 1/4 cup
- Carrots, 1 cup chopped
- Green onions, 2 tablespoons
- Sesame oil, 1 tablespoon
- Garlic, 2 cloves
- Cabbage, 1 cup
- Soy sauce, 2 tbsp
- Sesame seeds, 2 tablespoon
- Honey, 1 tbsp
- Chicken breasts, 2 small breast
- Rice vinegar, 2 tablespoons
- Ginger, 1 tablespoon
- Tortillas, 4 large



Instructions

In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey, grated ginger, and minced garlic to make the marinade.

Place chicken breasts in a resealable plastic bag and pour marinade over them. Seal the bag and massage the marinade into the chicken. Let it marinate in the refrigerator for at least 30 minutes.

Preheat a grill or grill pan over medium-high heat. Cook the marinated chicken breasts for about 6-8 minutes per side, or until cooked through. Remove from heat and let them rest for a few minutes before slicing into thin strips.

Warm the whole wheat tortillas in a dry skillet or microwave for a few seconds.

To assemble the wraps, place a tortilla on a clean surface and layer with shredded carrots, shredded cabbage, cilantro, green onions, and sliced chicken. Sprinkle with sesame seeds.

Fold in the sides of the tortilla and roll it up tightly, securing with toothpicks if needed.

Repeat with the remaining tortillas and ingredients.

Serve the Sesame Ginger Chicken Wraps immediately and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|--------|--------|----------|
| Energy [kcal] | 1256.3 | 136.8 | 314.1 |
| Protein [g] | 115.8 | 12.6 | 29 |
| Fat [g] | 42.1 | 4.6 | 10.5 |
| Carbs [g] | 102.4 | 11.2 | 25.6 |
| Fiber [g] | 16.3 | 1.8 | 4.1 |
| Net Carbs [g] | 86.1 | 9.4 | 21.5 |



37 % Protein 30 % Fat 33 %
Carbs

Baked Frittata Cups

🕒 15 min 🍽️ 6 servings

Per serving: 77 Kcal 7g Protein 5g Fat 2g Carbs

Ingredients

- Eggs, 6 large
- Onions, 1/4 cup
- Tomatoes, 1/4 cup
- Bell peppers, 1/4 cup
- Spinach, 1/4 cup
- Salt and pepper, 1 tsp



Instructions

Preheat the oven to 375°F (190°C).

In a mixing bowl, whisk the eggs until well beaten.

Add the diced bell peppers, onions, tomatoes, chopped spinach, shredded cheddar cheese, salt, and pepper to the bowl. Mix well.

Grease a muffin tin with cooking spray or line with muffin liners.

Pour the egg mixture evenly into each muffin cup, filling them about 3/4 full.

Bake in the preheated oven for 12-15 minutes or until the egg cups are set and slightly golden on top.

Remove from the oven and let them cool for a few minutes.

Gently remove the egg cups from the muffin tin and serve warm.

Enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 464,1 | 108,6 | 77,4 |
| Protein [g] | 39,1 | 9,1 | 6,5 |
| Fat [g] | 28,8 | 6,7 | 4,8 |
| Carbs [g] | 10,1 | 2,4 | 1,7 |
| Fiber [g] | 2,1 | 0,5 | 0,4 |
| Net Carbs [g] | 8 | 1,9 | 1,3 |



34 % Protein 57 % Fat 9 %
Carbs

Berries and Agar Jelly Cups (Unsweetened)

🕒 15 min 🍽️ 4 servings

Per serving: 40 Kcal 0g Protein 1g Fat 10g Carbs

Ingredients

- **Lemon juice**, 1 tsp
- **Berries**, 2 cups
- **Agar powder**, 2 teaspoon
- **Water**, 2 cups



Instructions

Wash and chop the mixed berries into small pieces.

In a saucepan, combine water and agar powder. Let it sit for 5 minutes to allow the agar to soften.

Place the saucepan over medium heat and bring the mixture to a boil, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, stirring continuously until the agar powder is completely dissolved.

Remove the saucepan from heat and stir in the lemon juice.

Allow the mixture to cool for a few minutes.

Divide the chopped berries evenly into serving glasses or molds.

Pour the agar mixture over the berries, distributing it evenly.

Let the desserts cool to room temperature, then refrigerate for at least 2 hours or until set.

Serve chilled and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 159.9 | 20.3 | 40 |
| Protein [g] | 1.3 | 0.2 | 0.3 |
| Fat [g] | 2 | 0.3 | 0.5 |
| Carbs [g] | 38.2 | 4.8 | 9.6 |
| Fiber [g] | 8.4 | 1.1 | 2.1 |
| Net Carbs [g] | 29.8 | 3.8 | 7.5 |



3 % Protein 10 % Fat 87 %
Carbs

Mushroom Clear Soup

🕒 15 min 🍽️ 4 servings

Per serving: 44 Kcal 3g Protein 1g Fat 6g Carbs

Ingredients

- Vegetable broth, 4 cups
- Cilantro, 4 servings
- Mushrooms, 200 handful
- Onion, 1 small
- Sesame oil, 1 teaspoon
- Garlic, 2 portion
- Soy sauce, 1 tbsp
- Salt and pepper, 4 serving



Instructions

In a large pot, heat some oil over medium heat.

Add the chopped onions and minced garlic. Sauté until onions are translucent.

Add the sliced mushrooms and cook for 2-3 minutes until they start to soften.

Pour in the vegetable broth and bring to a boil.

Reduce heat to low and let the soup simmer for 8-10 minutes.

Add soy sauce, sesame oil, salt, and pepper. Stir well to combine.

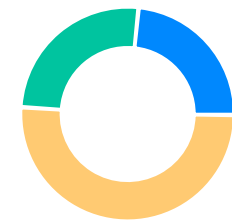
Taste and adjust seasoning if needed.

Remove from heat and garnish with cilantro.

Serve hot and enjoy!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 174.2 | 16.1 | 43.6 |
| Protein [g] | 11 | 1 | 2.8 |
| Fat [g] | 5.3 | 0.5 | 1.3 |
| Carbs [g] | 24 | 2.2 | 6 |
| Fiber [g] | 3.5 | 0.3 | 0.9 |
| Net Carbs [g] | 20.5 | 1.9 | 5.1 |



23 % Protein 26 % Fat 51 % Carbs

