

How to read your food plan:

The diet is divided into 3 main meals and 1 snack. On training days you can add a protein shake as well.

In the layout you are given the amount of different food types to eat and you are given several choices for each meal. Remember that the foods can be processed in different ways, cooked, roasted, oven baked, etc.,

You can replace all the macronutrients in your diet as long as you find a food that has approx. similar content, it does not matter if it is not exactly the same on the gram (+/-5g)!

When it says "/" it means either or. For example, it says: chicken /fish, you can choose either chicken or fish.

Grams are stated before cooking / cooking. So raw rice, raw meat

Breakfast

Alternative 1:

- 2 slices of whole wheat bread or 4 craps breads (Husman)
- Thin layer of butter and toppings (15g per slice of bread) from the list in the bottom of this document.
- 1 glass (2 dl) almond or soy milk
- 1 fruit of your choice / 1 glass of juice
- Tomato, cucumber, bell peppers and lettuce, quantity as you wish, same with coffee and tea.

Alternative 2:

- 2 slices of whole wheat bread or 4 craps breads (Husman)
- Thin layer of butter or mayonnaise (light)
- 2 eggs (fried, cooked, omelet etc)
- 30 g of ham (turkey or chicken)
- 1 glass (2 dl) almond or soy milk
- 1 fruit of your choice / 1 glass of juice
- Tomato, cucumber, bell peppers and lettuce, quantity as you wish, same with coffee and tea.

Alternative 3 :

- 2 dl oats or unsweetened cereal (example. 4-korn or Go'dag)
- 2 dl almond or soy milk / 1 dl yoghurt naturell
- 3 tsp of raisins/other dried fruit/ 2 tbsp of sugar free jam
- 20g of nuts/peanutbutter
- 1 fruit of your choice / 200g berries
- Coffe/tea

Alternative 4: Wraps

- 2 whole wheat tortillas / 4 "lomper"
- Thin layer of philadelphia
- Vegetables of your choice
- 200g of chicken/turkey/ham
- 10 almonds chopped to sprinkle on top

Alternative 5: (use vanilje kesam or sugar free yoghurt instead of regular vanilje yoghurt)

- 200 g cottage cheese /200g vanilla kesam (you can also do 50/50)
- 1 fruit of your choice / 200g berries
- 25 g nuts/peanut butter

Alternative 6: Smoothie or smoothiebowl

- 200 g fruit/berries. You can use everything in a smoothie, or have some of it as topping for a smoothiebowl
- 25g protein powder / 200g vanilla kesam
- 50 g oats
- 2 dl almond milk/ skimmed milk
- You can also add spinach or other vegetables. For example frozen cauliflower og broccoli

Alternative 7: Pancakes / waffles

- 2 dl oats
- 1 dl almond or soy milk / 1 dl yoghurt naturell
- 2 eggs
- 1 banana (either in the batter or as topping)
- 2 tbsp sugarfree jam for topping
- Add cinnamon, cardamom and sugar free sweetner

Lunch

Alternative 1:

- 2 slices of whole wheat bread or 4 craps breads (Husman)
- Thin layer of butter and toppings from the list in the bottom of this document.
- 1 glass soy milk
- 1 fruit of your choice / 1 glass of juice
- Tomato, cucumber, bell peppers and lettuce, quantity as you wish, same with coffee and tea.

Alternative 2: A big bowl of mixed salad

- 200 g ham /chicken
- 70 g whole wheat pasta
- 1 egg
- 2 tbsp light dressing
- 1 slices of whole wheat bread

Alternative 3:

- 125 g salmon / 200g chicken
- 60g rice / 200g potato
- 40g of avocado
- Vegetables

Alternative 4: Smoothie or smoothie bowl

- 200 g fruit/berries. You can use everything in a smoothie, or have some of it as topping for a smoothie bowl
- 25g protein powder / 200g vanilla kesam
- 50 g oats
- 2 dl almond milk/ skimmed milk
- You can also add spinach or other vegetables. For example frozen cauliflower og broccoli

1 snack from this list:

- A handful of nuts and 25 g of dried fruit
- 2 crisp breads with topping * Preferably whole wheat
- 1 slice of whole wheat bread with toppings * and optional vegetables
- 150 g of yoghurt natural with 2 tablespoons of oats or sugar free cereal
- 100 g cottage cheese with 10 almonds/nuts and 200g of berries
- Fruitsalad with 100 g of Skyr or kesam/yoghurt and 200g of fruits/berries
- Vegetables and dip made of mager kesam or yoghurt natural (150g)
- 1 barebell proteinshake/ 1 proteinbar
- 1 banana and 1.5 dl chocolate milk (sugar free)

Dinner

I recommend you using the ["tallerkenmodell"](#) with $\frac{1}{3}$ of your plate filled with vegetables, $\frac{1}{3}$ with carbohydrates (rice, pasta, potato etc) and $\frac{1}{3}$ with fish, meat, vegetarian etc.



Here is the list of what you can choose from for dinner, you can mix and match and create many combinations from this list. Let me know if you miss anything.

- 250g sweet potato or regular potato/ 6 ["lomper from Buer"](#) / 2 tortillas whole wheat / 60g uncooked rice / 70g pasta (preferably whole wheat)
- 250 gram lean fish (cod etc) / 150g fatty fish (salmon etc)
- 200g chicken/ lean meat, beans/ chickpeas/ 8 quorn meatballs /150g vegetarian minced meat / 150 g "karbonadedeig"
- 30g cheese / 60 g avocado
- Max 1 tablespoon of oil or butter for cooking
- 3-4 tablespoons of white or brown sauce (max 1 g fat per 100 g sauce) / 150g tomatosauce or 4 tbsp of kesam /sour cream
- Get in at least 200g of vegetables by your choice (spinach, bell pepper, tomato, zucchini, broccoli etc)

Alternative 1:

200g chicken/ lean meat, beans/ chickpeas/ 8 quorn meatballs /150g vegetarian minced meat / 150 g "karbonadedeig" / 250 gram lean fish

250g sweet potato or regular potato/ 6 ["lomper from Buer"](#) / 2 tortillas whole wheat / 60g uncooked rice / 70g pasta (preferably whole wheat)

30g cheese / 60 g avocado / 1 tbs oil / 60 ml light "fløte"

Vegetables as you like

Alternative 2:

2 fishburgers (minimum 80% fish)

250g sweet potato or regular potato/ 6 "[lomper from Buer](#)" / 2 tortillas whole wheat / 60g uncooked rice / 70g pasta (preferably whole wheat)

Vegetables as you like

Alternative 3: <https://www.nutrilett.no/vegetar-fajitas-med-halloumi/>

2 eggs / 50 g avocado

100g halloumi

250g potato / 60 g rice / 70g pasta / 2 tortillas

Vegetables

Alternative 4:

100 g falafels / 150 g beans / 1 vegetarian hamburger

250g potato / 60 g rice / 70g pasta / 2 tortillas

40 g Avocado / 2 slices of cheese

Vegetables

Alternative 5:

Asian

Choose 200g lean protein / 170g vegetarian option

60g rice

200ml light coconutmilk

1-2 ss curry / 50g oyster sauce

Alternative 6 Sushi:

- Stay away from food that has been fried
- Ask for extra vegetables
- Ginger
- 14-16 bites

Remember! It is recommended to eat fish 2-3 times a week :)

- **Dinner suggestions**

- Stuffed sweet potato
- Sweet potato sliders
- Stuffed zucchini/ stuffed bell pepper
- Enchiladas
- Quesedilla
- Lasagna made with tortillas
- Vegetable Pasta and meat
- Chicken, rice or sweet potato and vegetables
- "Karbonadedeig" (minced meat with 5% fat), rice or sweet potato and vegetables
- Fish, rice or potato with vegetables
- Chicken Salad
- Burger
- Taco
- Pizza (made from tortilla or whole wheat dough). If you eat takeaway pizza I want you to stick with about 3 slices, Dominos pizza example).

***Toppings:**

You can vary between the different toppings in the list below:

- Fish and shellfish: tomato mackerel, smoked mackerel, herring, all kinds of salmon meats, tuna, sardines, shrimp, crab, crab sticks, etc. If you want mayonnaise on shellfish toppings; use a thin layer of light mayonnaise.
- Cheese: choose skinny cheeses, such as Norvegia Lettere, Synnøve Lett Gulost, Jarlsberg Lite, all the butter cheeses, quartz / cheese and cottage cheese.
- Meat and poultry: Choose varieties with a maximum of 10% fat, such as cooked ham, salami go'og mager, hamburger back, "leverpostei" with less fat, roast beef, all kinds of pure ham, chicken and turkey toppings and ham.
- Mayonnaise with a maximum of 10% fat
- Egg
- Jam with as little added sugar as possible

Eating out

If you are going to have dinner at restaurants / takeout, I want you to try to avoid dishes that have descriptions such as "crispy", "creamy", "grated", "breaded", "sautéed", "caramelized" and "deep fried".

Often, white bread and butter is served before the food arrives. This will quickly add many calories before the meal has even begun. When choosing from the menu, you should choose dishes with pure meat or fish. To save calories, the pieces of meat should be lean, with no visible fat.

On a 200 gram steak you will be able to save around 150 kcal only on the meat by choosing the "purest meat". Vegetables on the side is great! In addition to being rich in vitamins, minerals, antioxidants and fiber, they are low in calories.

Baked or cooked potatoes are much healthier than french fries, oven-baked potatoes and pan-fried potatoes. If you order baked potato, ask for sour cream and butter on the side.

Ask to have the dressing or sauce in a separate bowl on the side. There is, of course, room to choose pizza or hamburgers on the menu, but here you also should keep in mind portion control and preferably skip appetizer and dessert.

In addition, I would recommend adding salad or vegetables to such meals.