

DAILY TARGET

1,641 kcal · Protein 136 g · Carbohydrates 171 g · Fat 46 g · for 1 people

Day 1

1,649 / 1,641 kcal · Protein 145 g · Carbohydrates 204 g · Fat 28 g



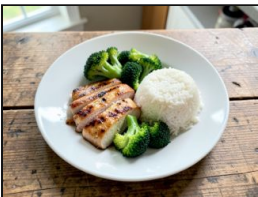
BREAKFAST · 5 MIN

Oatmeal with quark and banana

413 kcal · Protein 32 g · Carbohydrates 60 g · Fat 5 g

Rolled oats	45 g	Banana	85 g
Low-fat quark	175 g	Semi-skimmed milk	85 g

- 1. Pour the milk over the oats and heat over low heat for 3 minutes, stirring constantly.
- 2. Stir the quark into the finished porridge.
- 3. Slice the banana into rounds and arrange on top before serving.



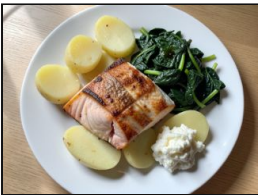
LUNCH · 25 MIN

Chicken breast with rice and broccoli

581 kcal · Protein 51 g · Carbohydrates 73 g · Fat 8 g

Chicken breast	180 g	Broccoli	150 g
Rice	80 g	Olive oil	5 g

- 1. Cook the rice in salted water according to the package instructions, then drain.
- 2. Slice the chicken breast, season with salt and fry in olive oil for 4 to 5 minutes on each side.
- 3. Divide the broccoli into florets and steam for 5 minutes.
- 4. Serve the rice with the chicken and broccoli.



DINNER · 25 MIN

Baked salmon with spinach and potatoes

493 kcal · Protein 46 g · Carbohydrates 46 g · Fat 13 g

Salmon	90 g	Spinach	155 g
Potatoes	205 g	Low-fat quark	155 g

- 1. Dice the potatoes and boil for 15 minutes until soft.
- 2. Season the salmon with salt, place on a baking tray lined with paper and bake at 200 °C for 12 minutes.
- 3. Steam the spinach briefly for 2 minutes and serve with quark as a side.
- 4. Serve the salmon with the potatoes and spinach.



SNACK · 3 MIN

Greek yogurt with pear

162 kcal · Protein 16 g · Carbohydrates 25 g · Fat 1 g

Greek yogurt	155 g	Pear	125 g
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- 1. Wash the pear, remove the core and dice it.
- 2. Spoon the yogurt into a bowl and arrange the pear on top.

Day 2

1,684 / 1,641 kcal · Protein 150 g · Carbohydrates 166 g · Fat 43 g



BREAKFAST · 8 MIN

Omelette with bell pepper and ham

417 kcal · Protein 40 g · Carbohydrates 34 g · Fat 11 g

Egg	55 g	Bell pepper	85 g
Egg whites	105 g	Whole grain bread	65 g
Ham	85 g		

1. Dice the bell pepper and briefly warm it in a non-stick pan.
2. Whisk the egg and egg white, add the chopped ham and pour it over the pepper.
3. Cover the omelette lightly and cook over low heat for 4 to 5 minutes until set.
4. Serve with a slice of whole grain bread.



LUNCH · 25 MIN

Baked salmon with spinach and potatoes

581 kcal · Protein 55 g · Carbohydrates 52 g · Fat 16 g

Salmon	110 g	Potatoes	270 g
Cod	130 g	Spinach	160 g

1. Boil the potatoes in salted water until soft, about 20 minutes, and then slice them.
2. Place the salmon and cod on a baking tray with baking paper and bake at 200 °C for about 12 minutes.
3. Steam the spinach briefly until wilted and serve with the potatoes and fish.



DINNER · 25 MIN

Beef cutlets with zucchini and bulgur

520 kcal · Protein 38 g · Carbohydrates 58 g · Fat 14 g

Beef	120 g	Zucchini	140 g
Wheat flour	15 g	Bulgur	55 g
Egg	20 g	Olive oil	5 g

1. Pour twice the amount of boiling water over the bulgur, cover and let it swell for 12 minutes.
2. Pound the meat into a thin cutlet, coat in flour and egg and fry in 3 mL of oil for about 2 minutes on each side.
3. Slice the zucchini and briefly sauté in a pan until golden.
4. Serve the cutlets with the zucchini and bulgur.



SNACK · 3 MIN

Low-fat quark with kiwi

166 kcal · Protein 17 g · Carbohydrates 23 g · Fat 1 g

Low-fat quark	125 g	Kiwi	125 g
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1. Peel the kiwi and slice it.
2. Spoon the quark into a bowl and place the kiwi on top.

Day 3

1,657 / 1,641 kcal · Protein 145 g · Carbohydrates 182 g · Fat 43 g



BREAKFAST · 5 MIN
Quark with kiwi and rolled oats
411 kcal · Protein 32 g · Carbohydrates 49 g · Fat 10 g

Quark	155 g	Kiwi	85 g
Rolled oats	45 g	Egg whites	70 g

1. Whisk the egg white and briefly cook it lightly in a dry pan without fat into an omelette.
2. Pour hot water or milk over the oats and let them swell for 2 minutes.
3. Peel the kiwi and dice it.
4. Mix the quark with the oats, add the kiwi and the omelette cut into strips.



LUNCH · 25 MIN
Lentil salad with chicken
567 kcal · Protein 52 g · Carbohydrates 60 g · Fat 13 g

Lentils	80 g	Bell pepper	100 g
Chicken breast	125 g	Arugula	50 g
Cucumber	100 g	Olive oil	10 g

1. Rinse the lentils and boil in salted water for about 20 minutes until soft, then drain.
2. Season the chicken breast with salt, fry in a pan with half of the olive oil for 5 to 6 minutes on each side and cut into pieces.
3. Dice the cucumber and bell pepper and chop the arugula.
4. Mix the lentils, vegetables and arugula, add the chicken and the remaining oil.



DINNER · 25 MIN
Turkey breast with vegetables and bulgur
515 kcal · Protein 43 g · Carbohydrates 63 g · Fat 13 g

Turkey breast	130 g	Carrot	80 g
Bulgur	60 g	Broccoli	100 g
Zucchini	100 g	Olive oil	10 g

1. Pour twice the amount of boiling water over the bulgur, add salt and let it swell under a lid for 12 minutes.
2. Slice the turkey breast, season with salt and fry in a pan with oil for 4 to 5 minutes on each side.
3. Cut the zucchini, carrot and broccoli into pieces and sauté in a pan or steam for 8 minutes.
4. Serve the meat with the vegetables and bulgur.



SNACK · 5 MIN
Edamame with salt
164 kcal · Protein 18 g · Carbohydrates 11 g · Fat 6 g

Edamame	120 g	Salt	5 g
Egg whites	35 g		

1. Boil the edamame in salted water for 4 minutes and drain.
2. Briefly cook the egg white in a dry pan into a thin pancake and cut into strips.
3. Season the edamame with salt to taste and serve with the strips of egg white.

Day 4

1,640 / 1,641 kcal · Protein 143 g · Carbohydrates 201 g · Fat 32 g



BREAKFAST · 5 MIN
Whole grain toast with egg white and avocado
411 kcal · Protein 38 g · Carbohydrates 45 g · Fat 9 g

Whole grain bread	85 g	Low-fat quark	160 g
Egg whites	105 g	Avocado	30 g

1. Toast the whole grain bread in a toaster or in a dry pan.
2. Scramble the egg white in a pan without fat until creamy and add salt.
3. Mash the avocado with a fork and spread it on the toast.
4. Serve with the egg white and quark on the side.



LUNCH · 3 MIN
Turkey breast with vegetables and bulgur
595 kcal · Protein 49 g · Carbohydrates 73 g · Fat 14 g

Turkey breast	150 g	Red bell pepper	95 g
Bulgur	75 g	Broccoli	95 g
Zucchini	140 g	Olive oil	10 g

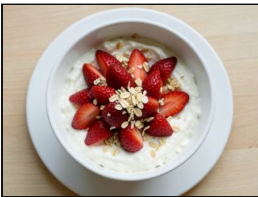
1. Put the leftovers from yesterday's dinner into a pot with a lid or into the microwave.
2. Reheat over low heat or in the microwave for 2 minutes to about 70 °C.
3. Before serving, drizzle with olive oil and season with spices.



DINNER · 20 MIN
Tuna pasta with broccoli
469 kcal · Protein 42 g · Carbohydrates 61 g · Fat 8 g

Pasta	65 g	Tomato	75 g
Tuna	110 g	Garlic	5 g
Broccoli	140 g	Olive oil	5 g

1. Cook the pasta in salted water according to the package, adding the broccoli for the last 4 minutes.
2. In a pan, lightly fry the chopped garlic and diced tomato in olive oil.
3. Add the drained pasta with broccoli and the drained tuna, mix and serve.



SNACK · 3 MIN
Quark bowl with strawberries
165 kcal · Protein 15 g · Carbohydrates 22 g · Fat 2 g

Low-fat quark	115 g	Rolled oats	15 g
Strawberries	100 g		

1. Spoon the quark into a bowl.
2. Wash the strawberries and cut them into pieces.
3. Sprinkle with the oats and strawberries.

Day 5

1,646 / 1,641 kcal · Protein 142 g · Carbohydrates 201 g · Fat 34 g



BREAKFAST · 8 MIN
Oatmeal with apple, cinnamon and quark
421 kcal · Protein 32 g · Carbohydrates 58 g · Fat 8 g

Rolled oats	45 g	Apple	90 g
Skimmed milk	180 g	Cinnamon	5 g
Low-fat quark	160 g		

1. Pour the milk over the oats and cook over low heat for 4 to 5 minutes, stirring constantly.
2. Peel and dice the apple and add it to the porridge together with the cinnamon.
3. Serve the finished porridge with quark on top.



LUNCH · 25 MIN
Wok with tofu, chicken and vegetables with rice
579 kcal · Protein 41 g · Carbohydrates 73 g · Fat 15 g

Tofu	75 g	Carrot	45 g
Chicken breast	85 g	Soy sauce	15 g
Rice	75 g	Oil	5 g
Broccoli	85 g		

1. Cook the rice according to the package instructions and drain.
2. Dice the tofu and chicken breast and fry in hot oil for 6 to 8 minutes until golden.
3. Add the sliced carrots and broccoli, stir-fry for 4 minutes, then pour in the soy sauce.
4. Serve with rice.



DINNER · 28 MIN
Veal with garlic, asparagus and potatoes
482 kcal · Protein 49 g · Carbohydrates 52 g · Fat 10 g

Veal	190 g	Garlic	5 g
Asparagus	155 g	Oil	5 g
Potatoes	260 g		

1. Peel the potatoes, cut them into quarters and boil them in salted water for 15 minutes until the water has evaporated.
2. Slice the veal, season with salt and fry in hot oil for 2 to 3 minutes on each side together with crushed garlic.
3. Briefly sauté the asparagus in a pan for 4 minutes and serve with the meat and potatoes.



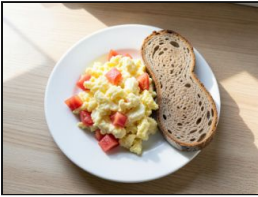
SNACK · 3 MIN
Greek yogurt with raspberries
164 kcal · Protein 20 g · Carbohydrates 19 g · Fat 2 g

Greek yogurt	190 g	Raspberries	100 g
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1. Spoon the Greek yogurt into a bowl.
2. Rinse the raspberries and gently arrange them on the yogurt.

Day 6

1,653 / 1,641 kcal · Protein 139 g · Carbohydrates 190 g · Fat 41 g



BREAKFAST · 8 MIN

Scrambled eggs with tomatoes and whole grain bread

432 kcal · Protein 38 g · Carbohydrates 36 g · Fat 15 g

Egg	80 g	Whole grain bread	65 g
Egg whites	110 g	Tomato	170 g
Low-fat quark	35 g	Olive oil	5 g

1. Dice the tomato and briefly simmer it in a pan with oil.
2. Mix the egg, egg white and curd cheese, pour into the pan and stir into soft scrambled eggs.
3. Serve with a slice of whole grain bread.



LUNCH · 5 MIN

Veal with garlic, asparagus and potatoes

555 kcal · Protein 56 g · Carbohydrates 61 g · Fat 11 g

Veal leg	215 g	Garlic	5 g
Asparagus	180 g	Olive oil	5 g
Potatoes	300 g		

1. Boil the potatoes in salted water until tender, drain and serve with roasted asparagus.
2. Slice the veal and fry it in olive oil with garlic on both sides.
3. When serving, reheat the leftovers in a pan or in the microwave until hot.



DINNER · 25 MIN

Chicken curry with chickpeas and spinach

506 kcal · Protein 33 g · Carbohydrates 72 g · Fat 11 g

Chicken breast	75 g	Onion	60 g
Chickpeas	90 g	Olive oil	5 g
Spinach	115 g	Curry powder	5 g
Rice	45 g		

1. Cook the rice according to the package instructions.
2. Fry the onion in oil, add the sliced chicken and curry powder, and cook until golden.
3. Add the chickpeas and spinach, pour in a little water and simmer for 10 minutes, then serve with rice.



SNACK · 4 MIN

Carrot sticks with hummus

160 kcal · Protein 12 g · Carbohydrates 21 g · Fat 4 g

Carrot	135 g	Low-fat plain yogurt	80 g
Hummus	35 g		

1. Wash the carrots and cut them into sticks.
2. Serve the hummus in a bowl together with the sticks.
3. Enjoy the yogurt as a side to the sticks.

Day 7

1,642 / 1,641 kcal · Protein 136 g · Carbohydrates 201 g · Fat 37 g



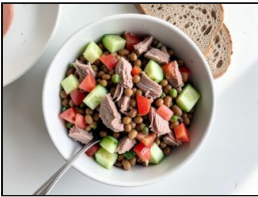
BREAKFAST · 5 MIN

Greek yogurt with raspberries and chia seeds

404 kcal · Protein 36 g · Carbohydrates 48 g · Fat 9 g

Greek yogurt	270 g	Raspberries	105 g
Chia seeds	15 g	Rolled oats	30 g

- 1. Pour the yogurt over the oats and let them soak for 3 minutes.
- 2. Stir in the chia seeds and let it sit for at least 5 minutes.
- 3. Serve the mixture with fresh raspberries.



LUNCH · 12 MIN

Tuna salad with beans

590 kcal · Protein 49 g · Carbohydrates 70 g · Fat 14 g

Tuna	105 g	Cucumber	95 g
Red beans	190 g	Tomato	140 g
Whole grain bread	40 g	Olive oil	10 g

- 1. Drain the beans and rinse them under cold water.
- 2. Dice the cucumber and tomato and mix with the beans and drained tuna.
- 3. Season with olive oil, salt and pepper and serve with whole grain bread.



DINNER · 25 MIN

Beef goulash with beans and bell pepper

493 kcal · Protein 39 g · Carbohydrates 61 g · Fat 11 g

Beef leg	125 g	Red beans	75 g
Onion	75 g	Potatoes	140 g
Red bell pepper	140 g	Olive oil	5 g
Tomato paste	95 g		

- 1. Dice the beef and brown it in hot oil with the chopped onion.
- 2. Add the sliced bell pepper, diced potatoes and tomato paste, and pour in water.
- 3. Simmer over low heat for 20 minutes, then add the drained beans and season with salt and pepper.



SNACK · 3 MIN

Apple with blanched almonds

155 kcal · Protein 12 g · Carbohydrates 22 g · Fat 3 g

Apple	125 g	Low-fat quark	85 g
Blanched almonds	5 g		

- 1. Wash the apple and cut it into slices.
- 2. Coarsely chop the almonds and sprinkle them over the apple.
- 3. Serve with low-fat curd cheese.

Shopping list

for 1 people

Fruit and vegetables

☐ Banana	85 g
☐ Broccoli	570 g
☐ Potatoes	1.2 kg
☐ Spinach	430 g
☐ Pear	125 g
☐ Bell pepper	185 g
☐ Zucchini	380 g
☐ Kiwi	210 g
☐ Cucumber	195 g
☐ Arugula	50 g
☐ Carrot	260 g
☐ Avocado	30 g
☐ Red bell pepper	235 g
☐ Tomato	385 g
☐ Garlic	15 g
☐ Strawberries	100 g
☐ Apple	215 g
☐ Asparagus	335 g
☐ Raspberries	205 g
☐ Onion	135 g

Meat and fish

☐ Chicken breast	465 g
☐ Salmon	200 g
☐ Ham	85 g
☐ Cod	130 g
☐ Beef	120 g
☐ Turkey breast	280 g
☐ Tuna	215 g
☐ Veal	190 g
☐ Veal leg	215 g
☐ Beef leg	125 g

Dairy and eggs

☐ Low-fat quark	1.0 kg
☐ Semi-skimmed milk	85 g
☐ Greek yogurt	615 g
☐ Egg	155 g
☐ Egg whites	425 g
☐ Quark	155 g
☐ Skimmed milk	180 g
☐ Low-fat plain yogurt	80 g

Bread, grains and pasta

☐ Rolled oats	180 g
☐ Rice	200 g
☐ Whole grain bread	255 g
☐ Wheat flour	15 g
☐ Bulgur	190 g
☐ Pasta	65 g

Pantry

☐ Olive oil	75 g
☐ Lentils	80 g
☐ Cinnamon	5 g
☐ Soy sauce	15 g
☐ Oil	10 g
☐ Chickpeas	90 g
☐ Curry powder	5 g
☐ Hummus	35 g
☐ Chia seeds	15 g
☐ Red beans	265 g
☐ Tomato paste	95 g
☐ Blanched almonds	5 g

Frozen

☐ Edamame	120 g
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Other

☐ Salt	5 g
☐ Tofu	75 g