



HAVE YOU HAD

700CAL OR LOWER: BUT TASTY!

MEALS FOR WEIGHT LOSS

FROM
MAXLUCAFITNESS

MAXLUCAFITNESS.COM



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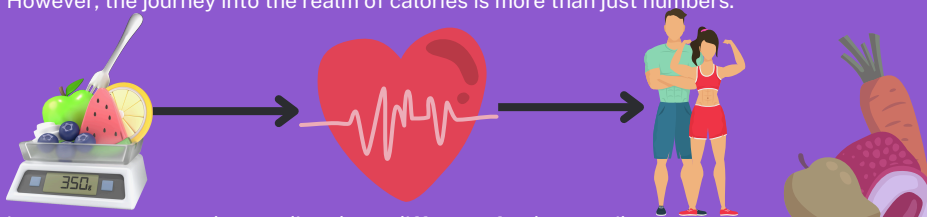
INTRODUCTION

WHAT ARE CALORIES?

Welcome to the world of nutrition, where understanding the fundamental concept of calories can unlock the secrets to a healthier lifestyle. At its core, a calorie is simply a unit of energy — a measure that plays an important role in our daily lives. In the context of nutrition, calories represent the energy we derive from the food and beverages we consume, fueling our bodies and enabling us to perform a myriad of activities.

Every bite we take and every sip we enjoy contributes to our overall energy intake. This energy is essential for maintaining our bodily functions, from the most basic processes such as breathing and digestion to more vigorous activities like running or dancing.

The balance between the calories we consume and the calories we expend through physical activity is vital for achieving and maintaining a healthy weight. However, the journey into the realm of calories is more than just numbers.



It encompasses understanding how different foods contribute to our energy levels, how our bodies process these nutrients, and how we can make informed choices to optimize our health. In this eBook, we will delve deeper into the science of calories, explore the types of foods that provide energy, and discuss effective strategies for managing your calorie intake in harmony with your lifestyle goals. Whether you are looking to lose weight, build muscle, or simply maintain a balanced diet, knowledge about calories and their impact on your body is indispensable.

Join us as we explore the intricate relationship between energy intake, physical activity, and overall well-being, empowering you to make informed choices that will transform your approach to nutrition.

WHAT LOW CALORIES DO?

WHEN WE TALK ABOUT EATING LOW CALORIES, WE ENTER THE REALM OF WHAT IS KNOWN AS A CALORIE DEFICIT.

A calorie deficit occurs when you consume fewer calories than your body burns throughout the day.

The concept is straightforward: when your energy expenditure exceeds your energy intake, your body taps into its energy reserves, primarily stored as fat, leading to weight loss.

Achieving a calorie deficit is a fundamental principle in weight management. It's important to recognize that while the idea is simple, the execution can be nuanced. Low-calorie eating doesn't mean depriving yourself of essential nutrients; instead, it involves making mindful choices about the foods you eat. By opting for nutrient-dense, low-calorie foods—such as fruits, vegetables, lean proteins, and whole grains—you can create a sustainable eating pattern that supports weight loss while still providing your body with the vitamins and minerals it needs.

Moreover, maintaining a calorie deficit encourages your body to adapt, potentially leading to metabolic changes.



Understanding how your body responds to different levels of caloric intake and physical activity is key to finding the right balance for your individual goals. Whether you are looking to shed a few pounds or embark on a more significant weight loss journey, embracing a low-calorie approach can be an effective strategy when done thoughtfully.

In this section, we will explore the science behind calorie deficits, how to safely implement low-calorie eating into your lifestyle, and the importance of balancing calorie intake with physical activity.

By arming yourself with knowledge, you can navigate your weight loss journey more effectively and sustainably.

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LOW CALORIES SHOULDN'T BE BORING!

IN THE FITNESS INDUSTRY, THE COMMON MISCONCEPTION IS THAT LOW-CALORIE MEALS MUST BE PLAIN, BORING, AND UNENJOYABLE.

Many people envision bland salads or unseasoned chicken breasts when they think of low-calorie eating, leading to the belief that achieving weight loss requires sacrificing flavour and satisfaction.

However, this notion couldn't be further from the truth. With a little creativity and culinary knowledge, low-calorie meals can be vibrant, delicious, and satisfying.

By incorporating a variety of herbs, spices, and cooking techniques, you can transform simple ingredients into flavourful dishes that excite your palate.

Additionally, experimenting with different cuisines and incorporating seasonal produce can add variety and enjoyment to your meals, making healthy eating a delightful experience rather than a tedious chore.

Ultimately, the key is to focus on balance and creativity, ensuring that your journey toward weight loss is not only effective but also enjoyable.



HERE ARE MY TOP 3 MEALS!

To inspire you, here are three of my favourites: for breakfast, lunch, and dinner. Enjoying your meals is key to maintaining a balanced diet and achieving your goals, so here are the recipes:

MEAL 3- MAX'S MEXICANO (MINCE & RICE)



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MEAL NO.1 MAX'S BREKKY WRAP

MY BREAKFAST WRAP WILL BEGIN YOUR DAY WITH SATISFACTION & A GOOD CALORIE/MACRO RATIO FOR YOUR TARGETS



To begin your day, your body needs a good ratio of proteins, carbs & fats. And when in a deficit, it is needed you have low calorie meals that reduce hunger. This is why the this breakfast wrap has high ratings.



INGREDIENTS:

- 3 eggs
- 4 egg whites
- 1 spinach Mission wrap
- 1tbsp Helmans low fat mayonaise
- 1tbsp Masterfoods Tomato sauce
- Salt, pepper, garlic powder

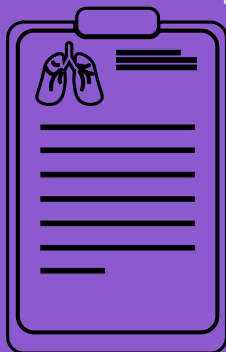


CALORIES: 510

PROTEINS: 34G

CARBS: 43G

FATS: 21G

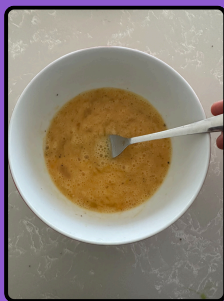


Crack 7 eggs into a bowl, removing 4 yolks with a spoon, leaving all the whites in.

Follow with some salt, pepper & garlic powder to your taste, mixing it all with a fork, or a whisk, until well mixed.

Add the mix to a medium hot, non-stick pan & mix it around, as scrambled eggs, until cooked through.

Add the scrambled eggs to 1 wrap, topping it off with your tomato sauce & low fat mayonaise, rolling it up & enjoying it to begin your day.



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MEAL NO.2 CRISPY CHICKS

ANOTHER TASTY MEAL TO HAVE THROUGHOUT THE DAY, WITH LOW CALORIES, GOOD PROTEIN, HIGHLY FILLING & VERY NUTRITIOUS.



When in a deficit, it is needed you have low calorie meals that reduce hunger, so meals throughout the day must be filling, while having lower calories.

This meal, with delicious chicken & vegetables is highly recommended.



INGREDIENTS:

- 150g chicken breast
- 126g Steamed mixed vegetables
- 1tbsp Cornflour
- 20ml Thai sweet chilli sauce
- 1tbsp Olive Oil
- 2tbsp Soy Sauce
- 1tsp Garlic powder

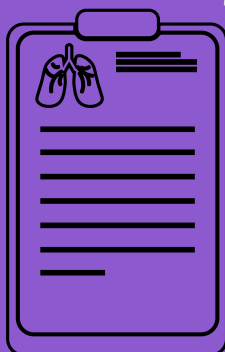


CALORIES: 616

PROTEINS: 54G

CARBS: 56G

FATS: 19G



Slice the chicken breast into even pieces & place it into a bowl. Coat the chicken in the olive oil, add the cornflour & toss it, to evenly cover all the pieces.

Add the chicken pieces to a pan & fry until crispy outside.

While the chicken is frying, mix the soy & sweet chilli sauce in a small bowl, then add to the pan once the chicken is cooked. Stir around to cover the chicken.

Steam the vegetables, add to a bowl with the chicken & cover with any remaining sauce in the pan.

Enjoy!



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MEAL NO.3 MAX'S MEXICANO

A MEXICAN STYLE MEAL, WITH A GOOD SOURCE OF PROTEIN, HIGH VOLUME (THIS CAN BE UP TO 4 MEALS, I HAVE 3 MEALS) & GOOD NUTRIENTS FOR A HEALTHY DIET FOR WEIGHT LOSS.



My 3rd favourite meal with a good ratio of proteins, carbs & fats.

And for a deficit, it is a low calorie meal that fills you well.

My 'Chilli Con Carne' is highly recommended.



INGREDIENTS:

- 500g low fat beef mince
- 1 brown onion (300g)
- 1 red capsicum (500g)
- 1 OldelPaso Taco seasoning
- Olive oil spray
- 1 can (420g)
- 1 can diced tomatoes (400g)
- Salt & pepper to your taste
- 125g white rice (extra)

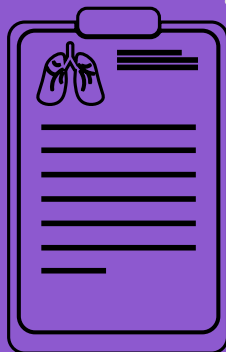


**CALORIES: 331
(PER 3 SERVING)**

PROTEINS: 31G

CARBS: 14G

FATS: 17G



Dice up the onion & capsicum & add to a medium heat pan with some oil spray.

Add the beef mince & sprinkle half the seasoning on top, crushing the beef & mixing all the ingredients together.

Tip the tin of beans into a water drain & rinse them with cold water.

When the beef is all cooked, add the diced tomatoes & stir it all through with the remaining seasonings. Leave it to simmer for 2-3mins & then add the black beans, stirring through & simmering for another 5mins.

Once it is cooked, evenly separate it into 3-4 bowls or containers, for separate meals.

With this, you can have 125g of white rice, adding 185cals, 37g carbs, 2g fat & 3.5g protein.



Title	Mexicano
Servings	4
Nutrition Facts (per 1 Serving)	
Calories	331
Total Fat	16.5 g
Total Carbohydrates	13.8 g
Protein	30.7 g



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MORE TO SHARE & MORE TO EXPERIENCE

As we wrap up this culinary journey, remember that these are just a few of my delicious low-calorie meals designed to keep you feeling satisfied and on track with your health goals. If you're looking for more tasty options or personalised meal plans tailored to your preferences, don't hesitate to reach out. Together, we can create a plan that works for you and helps you thrive.

**CONTACT ME TODAY, AND LET'S EMBARK
ON THIS FLAVOURFUL PATH TO
WELLNESS TOGETHER.**



**CONTACT ME:
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