

YOUR HEALTH. YOUR RULES.

Lose weight. Feel great. In the Netherlands.

The no-nonsense guide to eating better,
moving more, and actually keeping the
weight off — made for life in the
Netherlands.

 Fietscultuur included No supplements BS AH & Lidl prices Science-backed**51%**

DUTCH ADULTS OVERWEIGHT

10

QUICK RECIPES INCLUDED

4

WEEKS TO FIRST RESULTS

€0

SUPPLEMENTS NEEDED



 WHAT'S INSIDE

Your roadmap to a healthier you

This Starter Guide gives you everything you need to begin your journey — no fluff, no expensive supplements, no unrealistic promises. Just the essentials that actually work.

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Want a personalised plan?

After reading this guide, fill in our free form and get a plan tailored to your age, weight, lifestyle, and allergies. Completely free to start.

CHAPTER 1

The Truth About Weight in the Netherlands

The Netherlands might have the best cycling infrastructure in the world — but it also has a growing weight problem. The good news? You're reading this in your 20s or 30s, which is the best possible time to change course.

51%

of Dutch adults are overweight — up from 33% in 1981

16%

are clinically obese (BMI ≥ 30) — 3× more than 40 years ago

64%

of Dutch adults will be overweight by 2050 if nothing changes (RIVM)

⚠ Why your 20s and 30s matter most

In 1990, 17% of 20–29-year-olds were overweight. By 2020, that number had jumped to 32% — and it keeps rising. Once overweight is established, it becomes increasingly difficult to reverse. The habits you build now determine your health for the next 30 years.

What overweight actually does to your body

- ✖ **Type 2 diabetes** — risk doubles with every 5 BMI points above 25
- ✖ **Heart disease** — hypertension and high cholesterol become significantly more likely
- ✖ **Joint pain** — knees and hips under extra load every single step
- ✖ **Depression** — research shows overweight and depression form a bidirectional cycle



The good news

You don't need to lose all the weight at once. Research consistently shows that losing just 5–10% of your body weight already significantly reduces the risk of all conditions above. That's 5 kg for someone who weighs 80 kg.

CHAPTER 2

How Calories Actually Work

Weight loss comes down to one principle: eat slightly less than your body burns. Not dramatically less — just 300–500 calories less per day. That's it. Everything else is details.

YOUR DAILY CALORIE NEED (TDEE)

$$\text{TDEE} = \text{BMR} \times \text{Activity Factor}$$

BMR = your base metabolism (what you burn doing nothing). Activity Factor = 1.2 (desk job) to 1.7 (very active). TDEE = total daily calories your body needs to maintain weight.

MIFFLIN-ST JEOR BMR FORMULA (MOST ACCURATE)

Men: $(10 \times \text{kg}) + (6.25 \times \text{cm}) - (5 \times \text{age}) + 5$

Women: $(10 \times \text{kg}) + (6.25 \times \text{cm}) - (5 \times \text{age}) - 161$

EXAMPLE: LISA, 28 YEARS, 168 CM, 78 KG, OFFICE JOB

BMR	1,529 kcal
Activity factor (lightly active)	$\times 1.375$
TDEE (daily maintenance)	2,102 kcal
Deficit target (–400 kcal)	1,700 kcal/day
Expected weight loss	~0.4 kg/week

⚠ Why crash diets always fail

When you eat too little (below ~1,200–1,500 kcal), your body fights back. It reduces your metabolism, increases hunger hormones, and makes you burn fewer calories automatically. Result: you stop losing weight, you feel terrible, and when you quit — everything comes back, plus extra. A 300–500 kcal deficit is sustainable. A 1,000+ kcal deficit is a short-term trap.

✓ Do this

300–500 kcal daily deficit · 0.3–0.5 kg/week ·
Sustainable for months · Energy stays good

✗ Avoid this

1,000+ kcal deficit · "Fast" results · Muscle loss ·
Metabolism slows · Yo-yo effect

🍴 CHAPTER 3

10 Quick Recipes for the Netherlands

All recipes use ingredients available at Albert Heijn, Jumbo, or Lidl. All under 20 minutes prep time.
Allergens marked with icons.

⚙️ Ontbijt — Breakfast (300–400 kcal)

ONTBIJT · 5 MIN

Greek Yoghurt Parfait

345 kcal · 22g eiwit · 🌿 G · 🥛 M

200g 0% Griekse yoghurt · 30g havermout · 100g bosbessen · 1 tl honing

ONTBIJT · 8 MIN

Avocado Egg Toast

355 kcal · 14g eiwit · 🌿 G · 🥚 E

1 snee volkoren brood · ½ avocado · 1 ei gepocheerd · peper & zeezout

ONTBIJT · 3 MIN

Overnight Oats met Chia

350 kcal · 12g eiwit · 🌿 G

40g havermout · 200ml plantaardige melk · 1 el chiazaad · frambozen — maak de avond ervoor

TIP

Skip the hagelslag

Swap

Hagelslag op brood = 160+ kcal for almost zero nutrition. Replace with 2 el pindakaas + banaan = same calories, 8g protein, and you'll stay full until lunch.

☁️ Lunch (400–500 kcal)

LUNCH · 10 MIN

Tonijn Volkoren Wrap

420 kcal · 35g eiwit · 🌿 G · 🐟 V · 🥚 E

1 volkoren wrap · 1 blik tonijn · 1 el light mayo · sla · tomaat · ½ ui

LUNCH · 15 MIN

Quinoa Bowl met Kikkererwten

490 kcal · 22g eiwit · 🥛 M

70g quinoa · 100g kikkererwten (blik) · feta · komkommer · tomaat · olijfolie

LUNCH · 5 MIN

Kipfilet Wraps

480 kcal · 38g eiwit · 🌿 G · 🍖 Sj

2 volkoren wraps · 120g kipfilet (voorverpakt) · hummus · paprika · sla

LUNCH · 12 MIN

Gerookte Zalm Bagel

440 kcal · 30g eiwit · 🌿 G · 🐟 V · 🥛 M

1 volkoren bagel · 100g gerookte zalm · 50g hüttenkäse · rucola · citroen

 Diner — Dinner (400–600 kcal)

DINER · 20 MIN

Zalmfilet uit de Oven

520 kcal · 32g eiwit ·  V

150g zalmfilet · 200g zoete aardappel · 200g broccoli · olijfolie · knoflook · citroen

DINER · 20 MIN

Rode Linzen Curry

500 kcal · 25g eiwit · **Vegan ✓**

150g rode linzen · 200ml kokosmelk light · 200g spinazie · currypoeder · gember · knoflook

DINER · 20 MIN

Kipcurry met Rijst

560 kcal · 40g eiwit · **Gluten-free**

150g kipfilet · 150g zilvervliesrijst · paprika · ui · 200ml kokosmelk light · currypoeder

DINER · 20 MIN

Stampot Light

480 kcal · 35g eiwit ·  M

200g aardappel · 200g boerenkool · 100g kipfilet · 2 el 0% kwark i.p.v. boter · mosterd

 Allergen legend
 **G** = Gluten

 **M** = Melk

 **E** = Ei

 **V** = Vis

 **P** = Pinda

 **Sj** = Soja

 **Sl** = Selderij

 **Sj** = Sesam

Protein tip — the most important macro

Aim for 1.6–2.0g of protein per kg of bodyweight daily. Protein keeps you full longer, protects muscle while you lose fat, and burns more calories digesting it. For an 80 kg person: 128–160g protein/day. All recipes above are designed with this in mind.

 CHAPTER 4

Your Weekly Shopping List

One week of healthy meals for one person. Prices based on Albert Heijn 2025 — Lidl/Aldi is typically 20–25% cheaper for the same items.

€60–80

Albert Heijn / Jumbo

€50–65

Lidl / Aldi



Check AH app voor dagaanbiedingen. Too Good To Go boxes (~€5) supplement fresh produce 2–3× per week.

 GROENTEN

Broccoli 500g	€1.49
Spinazie vers 300g	€1.69
Paprika 3-pack	€2.29
Tomaten 500g	€1.99
Courgette	€0.99
Ui 1 kg	€1.19
Boerenkool 500g	€1.49
Zoete aardappel 500g	€1.79

 FRUIT

Bananen 1 kg	€1.59
Appels 1 kg	€1.99
Bosbessen 250g	€2.49
Citroen 2 stuks	€0.79

 VLEES & VIS

Kipfilet 500g (BL 1★)	€5.49
Zalmfilet 250g	€5.49
Tonijn in water 2×80g	€2.18

 ZUIVEL & EIEREN

Eieren scharrel 10 st.	€2.69
0% Griekse yoghurt 500g	€1.99
Hüttenkäse 200g	€1.39
Halfvolle melk 1L	€1.19
Alpro soya ongezoet 1L	€1.99

 DROGE WAREN

Volkoren brood	€1.79
Volkoren pasta 500g	€1.59
Zilvervliesrijst 500g	€1.79
Havermout 500g	€1.29
Rode linzen 500g	€1.99
Kikkererwten blik	€0.89
Olijfolie 500ml	€4.99
Pindakaas 100% 350g	€2.49

 CHAPTER 5

The 4-Week Starter Movement Plan

You don't need a gym membership to start. This plan uses what the Netherlands already gives you — canals, bike lanes, and flat roads. Start easy, build progressively, don't skip rest days.



The Dutch Cycling Advantage

Cycling 5 km to work and back × 5 days burns roughly 1,500–2,000 kcal per week — for free, without setting foot in a gym. That's the equivalent of 3–4 gym sessions. If you do nothing else, start biking to work.

WEEK 1–2

Foundation

- Brisk walk 30 min/day, every day
- Cycle instead of taking the bus (any distance)
- 10,000 steps/day as daily target
- 2× basic mobility: 10 min stretching
- No gym required

WEEK 3–4

Add Strength

- Continue daily walking + cycling
- 3× per week bodyweight strength (20–25 min)
- Squat · Push-up · Glute bridge · Dead-bug
- 3 sets × 8–12 reps per exercise
- Rest day between strength sessions

Heart Rate Zones — Stay in Zone 2 for fat burning

ZONE	NAME	% MAX HR (AGE 30: 190 BPM)	FEEL
Z1	Recovery	50–60% · 95–114 bpm	Very easy, can sing
Z2	Fat burning ★	60–70% · 114–133 bpm	Can talk, can't sing
Z3	Cardio	70–80% · 133–152 bpm	Slightly out of breath
Z4	Threshold	80–90% · 152–171 bpm	Hard to hold conversation



BMI above 30? Start here

Avoid jogging — it puts too much stress on knees and ankles with extra weight. Stick to fast walking, cycling, or swimming for cardio. These burn just as many calories at low impact. Add jogging only after 6–8 weeks when joints are more adapted.

Your Week 3–4 Bodyweight Workout

① Squat

3 × 10–15 reps

Feet shoulder-width, lower until thighs are parallel. Modification: hold chair for balance.

② Push-Up

3 × 8–12 reps

Start on knees if needed. Progress to incline (hands on table), then full push-up.

③ Glute Bridge

3 × 12–15 reps

Lie on back, feet flat on floor. Push hips up, squeeze glutes at top, lower slowly.

④ Dead-Bug

3 × 8 each side

Lie on back, arms up, knees 90°. Lower opposite arm + leg slowly. Core always engaged.

⑤ Step-Up

3 × 10 each leg

Step onto a sturdy chair or low step. Great for legs + glutes, easy on knees.

Rest 60–90 sec

Between each set. Don't rush. Form matters more than speed — especially in the first weeks.

Track your starting fitness

6-min Walk Test

Walk as far as possible in 6 minutes on a flat surface. Record the distance. Goal: improve by 30–50m per month.

Week 1: _____ m

Push-Ups

Max push-ups (knee or full) without stopping. Record the number. Retest at week 4.

Week 1: _____ reps

Weekly Weigh-in

Weigh yourself once per week, same day, same time (morning, before eating). Use a 7-day average — never compare day to day.

Week 1: _____ kg

Diet creates the deficit. Exercise protects what you keep.

Research confirms: exercise alone rarely creates significant weight loss (the body compensates). But exercise is non-negotiable for keeping muscle mass, improving mood, and maintaining results long-term. The combo of diet + movement is always more effective than either alone.

CHAPTER 6

The Only 4 Supplements Worth Buying

Two systematic reviews of 1,700+ clinical studies reached the same conclusion: no supplement is linked to long-term clinically significant weight loss. These four aren't fat burners — they fix deficiencies that make everything else harder.



Vitamin D3

10 µg (400 IU) daily · Take with fat-containing meal · October–April minimum

The Netherlands sits at 52°N — UVB is too weak from October to April to synthesize vitamin D in skin. 7–26% of Dutch adults are deficient by late winter. Deficiency is linked to fatigue, low mood, and reduced exercise performance. D3 form absorbs better than D2.

Etos D3 300 tab
~€2.99/year



Omega-3 (EPA + DHA)

250–500 mg EPA+DHA daily · Skip if you eat oily fish (haring, zalm) weekly

Reduces inflammation, improves insulin sensitivity in fat cells, supports cardiovascular health. Fish oil (triglyceride form) absorbs better than ethyl-ester. Vegan? Algae omega-3 gives DHA directly — same effect, more sustainable.

Kruidvat 120 caps
~€11.99



Magnesium Bisglycinate

200–400 mg elemental Mg · Take 30–60 min before bed · Not magnesium oxide

Involved in 300+ enzymatic reactions. Improves insulin signalling, reduces cortisol, supports sleep quality and muscle recovery. Bisglycinate (chelated form) has far higher bioavailability and doesn't cause the GI distress of cheap magnesium oxide supplements.

H&B Bisglycinate
~€18–22



Psyllium Husk (Fibre)

5–10g in 250 ml water · 20–30 min before largest meal · Build up slowly

Dutch adults average far below the recommended 30–40g fibre/day (RIVM). Psyllium is a viscous soluble fibre that increases satiety, slows gastric emptying, blunts post-meal glucose spikes, and lowers LDL cholesterol ~5–10%. Cheapest per-gram fibre supplement available.

Mattisson Bio
~€8–10

🗑️ Don't waste your money on

Fat burners · CLA · Raspberry ketones · Garcinia cambogia
· Green coffee extract · Detox teas · Apple cider vinegar pills

🏥 See your huisarts if

BMI ≥30 · Waist >102 cm (M) / >88 cm (V) · Extreme fatigue · Snoring/sleep issues · Family history of diabetes



Ready for more?

This Starter Guide is just the beginning. Fill in our free form and get a personalised plan built around your age, weight, goals, allergies, and lifestyle in the Netherlands.

[Get my personalised plan →](#)

WHAT'S IN THE FULL NLFIT GUIDE

- ✓ 30 recipes (breakfast, lunch, dinner)
- ✓ Full 8-week training plan with progressions
- ✓ Big 14 allergen guide (Dutch labels)
- ✓ Habit psychology — why diets fail & how to fix that
- ✓ 12-week complete roadmap
- ✓ Available in Netherlands, English, Română, Polski