



# 4 Week Low Carb Challenge - 1600 kcal to a New Figure

## Shopping list for the current day



### Low-Carbohydrate Diet Overview

A low-carbohydrate diet is based on principles that naturally support appetite control, improved metabolism, and more effective weight management.

### Natural Appetite Regulation

1. **Greater satiety:** A low-carb meal plan is characterized by a higher intake of protein and healthy fats, which are significantly more satiating than carbohydrates. As a result, feelings of hunger occur less frequently, leading to a spontaneous reduction in calorie intake — effortlessly.
2. **Stable blood sugar levels:** A low-carb diet minimizes blood glucose fluctuations, reducing the risk of hunger attacks caused by hypoglycemia.

### Thermic Effect of Food (TEF)



1. **More energy used for digestion:** Digesting protein requires more energy than digesting fats or carbohydrates, resulting in a lower net caloric balance.

## Ketosis and Metabolic Efficiency

1. **Fat as the primary fuel source:** In the ketogenic version (very low-carb), the body switches to using fat as the main source of fuel. This process is less energy-efficient, leading to a higher caloric expenditure.

## Metabolic Benefits

1. **Improved insulin sensitivity:** Lower insulin levels promote fat burning and reduce fat storage.
2. **Efficient energy use:** The body adapts to this new way of eating, which can lead to better weight control without needing to count calories.

## Practical Information About This Diet

1. For meals that can be frozen (e.g., soups), you can store leftovers for later or prepare multiple portions in advance, then just reheat them — saving a lot of time.
2. For better results, it is recommended to drink 1–2 glasses of still water 10–20 minutes before each meal — this supports digestion and enhances satiety.
3. Breakfasts on various days are preceded by water with lemon juice or grapefruit juice.
4. Vegetable juices can partially or completely replace supplementation.

## What Characterizes a Low-Carb Diet

Daily balanced meals are mostly composed in the following macronutrient ratio (P/F/C):

1. **Protein: 30%**
2. **Fat: 40%**
3. **Carbohydrates: 30%**

## WHO Recommendations for Macronutrient Energy Intake:

1. **Carbohydrates (C):** 45–60% of total energy intake. Preferably complex carbs (whole grains, vegetables, fruits), with limited simple sugars (<10%, ideally <5%).
2. **Fats (F):** 20–35%. Limit saturated fats (<10%) and eliminate trans fats. Prefer unsaturated fats (olive oil, nuts, fish).
3. **Proteins (P):** 10–15%, though some sources allow up to 20%. Sources include lean meats, fish, legumes, and dairy.



## Benefits of a Low-Carb Diet With a Maximum of 30% Carbs

1. **Low carb:** 30% carbohydrates is much less than in a typical diet, but it's not as extreme as keto (<10%). This is considered a "moderate low-carb" diet.
2. **High protein (30%)** supports satiety, regeneration, metabolism, and may help reduce body fat.
3. **High fat (40%),** if based on healthy sources (avocados, olive oil, fatty fish, nuts), is appropriate.

## Important Note About This Diet

1. **30% protein is high** — long-term, it may strain the kidneys in people with existing kidney issues, although it is safe for healthy individuals.
2. **30% carbohydrates** may be too low for very active individuals (athletes, high physical activity), unless their bodies adapt well to deriving energy from fat.

A 30% | 40% | 30% distribution is a **healthy version of a low-carb diet**, provided you are healthy, tolerate fats well, and have no kidney problems.

## What's Included in the Plan?

1. Meal plans based on low-carbohydrate, high-protein foods
2. Practical recipes
3. Clear hydration guidelines
4. Diet without hunger
5. No yo-yo effect
6. Practical and tasty meals that don't require a complete lifestyle overhaul
7. A shopping list to make planning easier
8. Daily summaries of micro- and macronutrients, as well as vitamins
9. 24/7 access to the diet in your profile from any mobile device



### Shopping list for the current day

- **Apple**  
1 x Piece - 180g
- **Bamboo shoots**  
150 x Gram - 150g
- **Black pepper**  
3 x Pinch - 0.3g
- **Boneless loins**  
200 x Gram - 200g
- **Butter**  
1.5 x Teaspoon - 15g
- **Chives**  
2 x Teaspoon - 4g
- **Cucumber, greenhouse**  
1 x Piece - 180g
- **Dill fresh or dried**  
1 x Teaspoon - 2g
- **Fresh mushrooms, brown**  
100 x Gram - 100g
- **Gouda cheese**  
2 x Slice - 50g
- **Multigrain wholemeal rye bread**  
2 x Slice of bread - 60g
- **Onion**  
1 x Piece - 170g
- **Radish**  
4 x Piece - 60g
- **Red onion**  
1 x Piece - 80g
- **Rye bread wholemeal**  
1 x Slice of bread - 30g
- **Salt, white**  
3 x Pinch - 0.3g
- **Semi-fat cottage cheese**  
100 x Gram - 100g
- **Sesame oil**  
1 x Teaspoon - 5g
- **Sesame seed**



1 x Teaspoon - 5g

- **Skyr - Icelandic yogurt**

3 x Tablespoon - 75g

- **Soy sauce (light)**

2 x Tablespoon - 20g

- **Walnut**

3 x Piece - 12g

- **Wholemeal spaghetti pasta**

1 x Portion - 50g

- **olive oil**

1 x Teaspoon - 5g