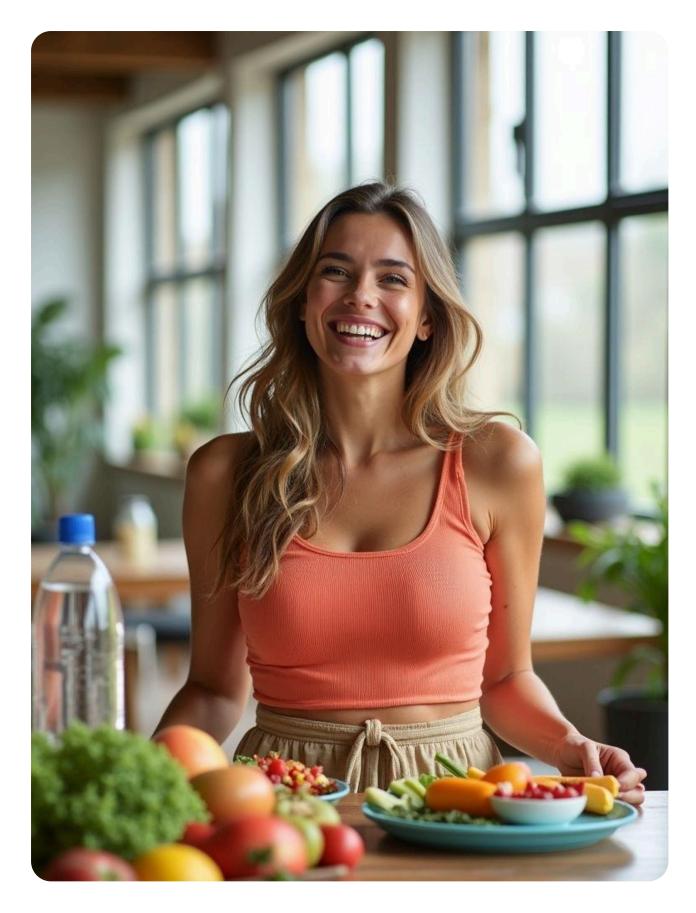


Low Carb Challenge - 1600 kcal low-carb diet - 4 weeks of a lighter figure

Shopping list for the current day





Low-Carb Diet – an effective weight loss plan for lightness and energy

Do you want to shed extra pounds, feel lighter, and boost your energy? The **low-carb diet** is a simple and effective way to achieve healthy weight loss. It supports fat burning, regulates appetite, and kick-starts your metabolism. Perfect for

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anyone who wants a slim figure - without constant calorie counting or hunger.

Why choose a low-carb diet?

- 1. Less hunger, more satiety protein and healthy fats keep your appetite under control.
- 2. Stable energy no blood sugar spikes, no cravings.
- 3. **Boosted metabolism** your body burns more energy digesting protein.
- 4. **Natural fat burning** with fewer carbs, your body taps into fat stores faster.
- 5. No yo-yo effect a plan based on simple, natural foods.

How does the low-carb diet work?

This balanced weight loss plan is built on the following macronutrient split:

- 1. 30% protein supports satiety, recovery, and fat reduction.
- 2. 40% healthy fats energy from avocado, olive oil, nuts, and fatty fish.
- 3. 30% carbohydrates less than a standard diet but not as strict as keto.

This means:

- 1. filling yet light meals,
- 2. reduced appetite without counting calories,
- 3. easy-to-follow recipes, shopping list, and step-by-step guidance.

Who is this diet for?

- 1. For those on a weight loss journey seeking quick results.
- 2. For anyone dreaming of a lean body and more energy.
- 3. For busy people who want a **practical**, **straightforward plan**.
- 4. For moderately active individuals who want better metabolism and weight control.

What's included in the plan?

- 1. Meals based on low-carb ingredients.
- 2. Simple and tasty recipes.
- 3. Clear hydration guidelines.
- 4. No hunger and no yo-yo effect.
- 5. Shopping list for easier planning.
- 6. Daily overview of macros and vitamins.

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7. **24/7 access** to your plan on any mobile device.

Start today!

Your weight loss journey can be simple and effective. Choose the **low-carb diet**, see real results, and enjoy more energy every day.

→ Pick your plan and feel the lightness – without restrictions!

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Shopping list for the current day

· Almonds, ground

4 x Tablespoon - 40g

Black pepper

3 x Pinch - 0.3g

0.5 x Teaspoon - 2.5g

· Chicken breast fillet

1 x Piece - 140g

Cream 30%

3 x Tablespoon - 30ml

• Eggs, Whole chicken eggs (M)

2 x Piece - 102g

· Fresh spinach

400 x Gram - 400g

· Full-fat quark cheese

50 x Gram - 50g

Garlic

5 x Tooth - 25g

• Mozzarella cheese

0.5 x Piece - 62.5g

Onion

1 x Piece - 170g

· Pork, boneless bacon

3 x Slice - 30g

• Salt, white

3 x Pinch - 0.3g

1 x Teaspoon - 5g

Water

350 x Mililiter - 350g

• Zucchini

1 x Piece - 600g

· olive oil

2 x Tablespoon - 20g

2 x Teaspoon - 10g