



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.



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!**

**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 Milliliter - 350g
- **Zucchini**
1 x Piece - 600g
- **olive oil**
2 x Tablespoon - 20g
2 x Teaspoon - 10g