



4-week 1400 kcal weight loss diet for a perfect figure

Shopping list for the current day



Sven Müller Diet – Effective Plan for Weight Loss and Health Improvement

The **Sven Müller Diet** is a modern, comprehensive nutrition system designed to achieve lasting results in weight loss and maintain a healthy lifestyle. It is based on a balanced combination of calories, macronutrients, and micronutrients that support the body in its daily functions.

Principles of the Sven Müller Diet

The foundation of this diet is a **balanced approach to nutrition** that adapts the number of calories and the quality of foods to the individual needs of the body. The diet focuses on three key aspects:

1. **Control of Caloric Intake** – The diet allows you to adjust your calorie intake to your body's needs, supporting weight loss and the reduction of body fat. This results in sustainable weight management without the risk of a yo-yo effect.
2. **Balanced Macronutrients** – The diet combines the right amount of protein, carbohydrates, and fats to support metabolic processes while providing the body with energy throughout the day.
3. **High-Quality Foods** – Fresh, natural foods are the core of this diet, providing the body with essential vitamins, minerals, and fiber. Processed foods, simple sugars, and trans fats are minimized, which has a positive impact on health and well-being.

Benefits of the Sven Müller Diet



1. **Effective Weight Loss** – Thanks to the correct balance of calories and macronutrients, this diet helps you lose weight in a healthy and sustainable way. The weight loss process is gradual and safe, without the risk of a yo-yo effect.
2. **Improved Metabolism** – The diet supports the body's natural metabolic processes, leading to better fat burning and stable energy levels throughout the day. Additionally, muscle mass is preserved, which is important during weight loss.
3. **Better Health** – Balanced meals provide the body with all necessary nutrients, boosting the immune system and overall physical condition. The diet makes the body more resistant to stress and illness, while increasing overall energy levels.
4. **Improved Digestion** – The diet is rich in fiber, which supports digestive health. It improves bowel movements and reduces digestive issues such as constipation. The body is also better hydrated and detoxified, thanks to optimal mineral and water intake.
5. **Long-Term Results** – The Sven Müller Diet is designed to not only achieve quick results but also maintain them in the long term. It can be applied for an extended period, adapting to the changing needs of the body.
6. **Improved Well-Being** – A balanced diet that provides all the necessary nutrients has a positive impact on both physical and mental well-being. The diet improves concentration, energy levels, and mood.

The Diet for Everyone

The Sven Müller Diet is suitable for those who want to lose weight, as well as for individuals aiming to maintain a healthy weight and improve their physical condition. Thanks to the flexibility and adaptability of the plan, the diet can be followed by people of all ages and activity levels.

What does the plan include?

1. A complete menu based on healthy and protein-rich products
2. Balanced meals for every day of the week
3. 3 meals every day
4. A diet without starving yourself
5. A diet without the yo-yo effect
6. Practical and tasty recipes so you don't have to completely change your eating habits
7. A shopping list

Summary

The Sven Müller Diet offers a holistic approach to health and weight loss, combining effectiveness with long-term results. With this diet, you not only lose weight but also improve your health and well-being. It is a program that promotes healthy, natural weight loss without the yo-yo effect, while also supporting the body in its daily functioning. Start your transformation today and feel better – both physically and mentally!



Shopping list for the current day

- **Apple**
0.5 x Piece - 90g
- **Baking powder**
0.5 x Teaspoon - 2g
- **Banana**
1 x Small piece - 80g
- **Black pepper**
2 x Pinch - 0.2g
- **Cinamon**
2 x Pinch - 0.2g
- **Coconut flakes**
1 x Tablespoon - 6g
- **Cow's milk 3.2%**
3 x Tablespoon - 30ml
- **Eggs, Whole chicken eggs (M)**
1 x Piece - 51g
- **Fresh oregano**
1 x Handfull - 3g
- **Fresh rosemary**
1 x Gram - 1g
- **Greek natural yogurt**
1 x Package - 150g
- **Ground sweet pepper**
1 x Teaspoon - 3g
- **Leek**
0.5 x Piece - 70g
- **Lemon juice**
3 x Teaspoon - 9g
- **Light cottage cheese**
1 x Package - 150g
- **Loquat cheese, homogenised, full-fat**
2 x Tablespoon - 60g
- **Oat flakes (mountain, instant)**
30 x Gram - 30g
- **Parsley, leaves**
1 x Teaspoon - 3g
- **Radish**



1 x Bunch - 115g

- **Salt, white**

2 x Pinch - 0.2g

- **Thyme, fresh**

1 x Teaspoon - 4g

- **Tomato**

1 x Piece - 170g

- **Tomato Concentrate 30%**

1 x Tablespoon - 25g

- **Vanilla, pod pulp**

1 x Piece - 2g

- **Walnut**

7 x Piece - 28g

- **Whole wheat flour**

1 x Tablespoon - 15g

- **Wholemeal spaghetti pasta**

100 x Gram - 100g

- **olive oil**

1 x Tablespoon - 10g