



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**

- **Baking powder**
2 x Teaspoon - 8g
- **Black pepper**
2 x Pinch - 0.2g
- **Carrot**
1 x Piece - 50g
- **Chicken breast fillet**
1 x Piece - 140g
- **Cinamon**
1 x Teaspoon - 5g
- **Coconut milk**
100 x Milliliter - 100g
- **Cottage ham**
1 x Slice - 20g
- **Cream crème fraîche**
1 x Tablespoon - 25g
- **Curry**
1 x Tablespoon - 10g
- **Eggs, Whole chicken eggs (M)**
2 x Piece - 102g
- **Erythritol**
1 x Teaspoon - 5g
- **Full-fat quark cheese**
150 x Gram - 150g
- **Grated Gouda cheese**
20 x Gram - 20g
- **Ground almonds**
1 x Tablespoon - 10g
- **Hot pepper (ground)**
1 x Teaspoon - 5g
- **Psyllium husks**
1 x Teaspoon - 5g
1 x Tablespoon - 10g
- **Red onion**
1 x Piece - 80g
- **Salt, white**
2 x Pinch - 0.2g



- **Sesame seed**
1 x Tablespoon - 10g
- **Shallot (spring) onion**
1 x Piece - 20g
- **Vegetable broth**
1000 x Mililiter - 1000ml
- **cauliflower**
0.5 x Piece - 440g
- **olive oil**
1 x Tablespoon - 10g