



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

### Shopping list for the current day

| Name                               | Weight of the product    |                          |
|------------------------------------|--------------------------|--------------------------|
| Basil, fresh                       | 1 x Teaspoon - 1g        | <input type="checkbox"/> |
| Black pepper                       | 3 x Pinch - 0.3g         | <input type="checkbox"/> |
| Butter                             | 1 x Teaspoon - 10g       | <input type="checkbox"/> |
| Butterhead Lettuce                 | 8 x Leaf - 40g           | <input type="checkbox"/> |
| Carrot                             | 1 x Piece - 50g          | <input type="checkbox"/> |
| Chicken breast fillet              | 1 x Portion - 100g       | <input type="checkbox"/> |
| Chives                             | 1 x Teaspoon - 2g        | <input type="checkbox"/> |
| Cucumber, greenhouse               | 0.5 x Piece - 90g        | <input type="checkbox"/> |
| Curry                              | 2 x Teaspoon - 10g       | <input type="checkbox"/> |
| Dark-sweetened blackcurrant jam    | 1 x Teaspoon - 15g       | <input type="checkbox"/> |
| Drinking Water (Boiled and Cooled) | 250 x Mililiter - 250ml  | <input type="checkbox"/> |
| Eggs, Whole chicken eggs (M)       | 3 x Piece - 153g         | <input type="checkbox"/> |
| Greek natural yogurt               | 0.5 x Package - 75g      | <input type="checkbox"/> |
| Ground sweet pepper                | 1 x Teaspoon - 3g        | <input type="checkbox"/> |
| Lemon juice                        | 2 x Tablespoon - 12g     | <input type="checkbox"/> |
| Oat flakes                         | 3 x Tablespoon - 30g     | <input type="checkbox"/> |
| Parsley, leaves                    | 1 x Teaspoon - 3g        | <input type="checkbox"/> |
| Radish                             | 4 x Piece - 60g          | <input type="checkbox"/> |
| Red pepper                         | 0.5 x Piece - 100g       | <input type="checkbox"/> |
| Rye bread wholemeal                | 3 x Slice of bread - 90g | <input type="checkbox"/> |
| Salt, white                        | 3 x Pinch - 0.3g         | <input type="checkbox"/> |



|                         |                                           |                          |
|-------------------------|-------------------------------------------|--------------------------|
| Semi-fat cottage cheese | 100 x Gram - 100g                         | <input type="checkbox"/> |
| Shallot (spring) onion  | 3 x Piece - 60g                           | <input type="checkbox"/> |
| Skyr - Icelandic yogurt | 3 x Tablespoon - 75g                      | <input type="checkbox"/> |
| cauliflower             | 0.25 x Piece - 220g                       | <input type="checkbox"/> |
| olive oil               | 1 x Teaspoon - 5g<br>1 x Tablespoon - 10g | <input type="checkbox"/> |