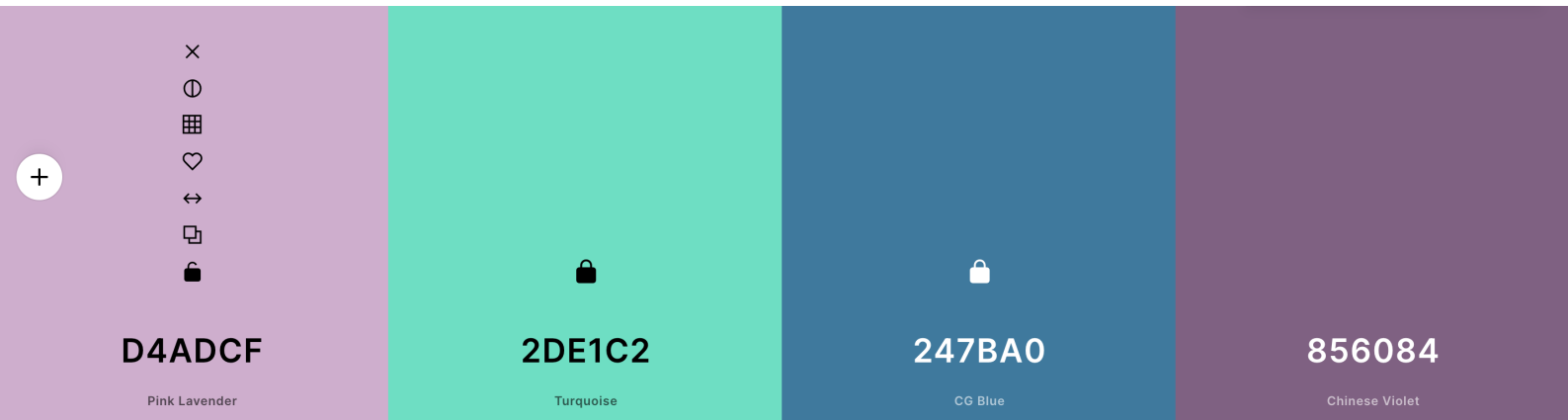


# Chosen font-family: Roboto

## Chosen colors:



call to action



categories



background



support color

### Main logo



### Favicon







https://



[What is a calorie deficit](#)

[Recipes](#)

[Nutritional info](#)

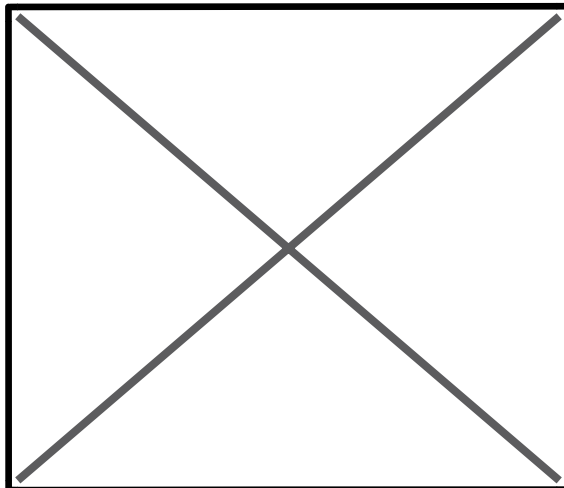
[Calculator](#)

[Shop](#)



# What is a calorie deficit?

There are many ways to create a calorie deficit. One way is to eat fewer calories than you burn. Another way is to burn more calories than you eat. You can also combine these two methods. For example, you could eat a healthy diet and exercise regularly. This is the best way to lose weight and improve your health. A calorie deficit is when you burn more calories than you eat. This is how you lose weight. You can create a calorie deficit by eating less, exercising more, or both. It's important to be consistent and patient. Losing weight is a journey, not a quick fix. A calorie deficit is a key concept in weight loss. It means you are burning more calories than you are consuming. This leads to a reduction in body fat. There are several ways to achieve a calorie deficit. Dieting is one common method. Exercise is another. Combining both is often the most effective. It's crucial to understand that a calorie deficit is not just about eating less. It's about the balance between intake and expenditure. Many people struggle with this concept. They think they are eating less but not realizing they are still in a surplus. Proper tracking and understanding of portion sizes are essential. A calorie deficit is the foundation of sustainable weight loss. It's not a magic pill, but a principle that works. By maintaining a deficit, you can reach your goals. Remember, consistency is key. A calorie deficit is a simple yet powerful tool for transformation. It's about making smart choices every day. Whether it's choosing water over soda or taking the stairs, every small step counts. A calorie deficit is the path to a healthier you.



Subscribe to our newsletter

☐ Yes, I'd like to receive weekly newsletters with new recipes

Button

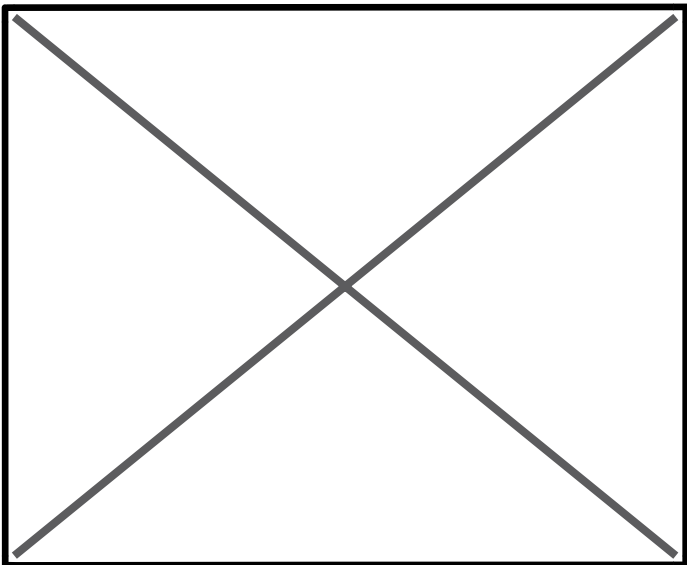






# Recipes

## Food name



Low calories recipe

Nutritional information:

XXX calories

Xg protein  
Xg fat  
Xg carbs

## Ingredients

- Item One
- Item Two
- Item Three

## Steps

1. Add all ingredients to a large bowl.

2. Mix well.

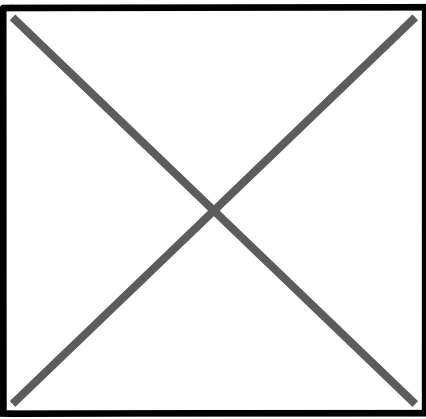
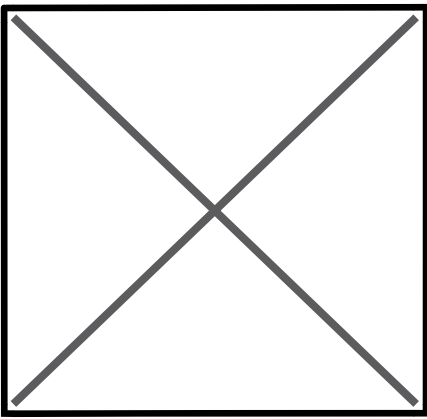
3. Cook for 10 minutes.

4. Add salt and pepper to taste.

5. Serve hot.

6. Enjoy!

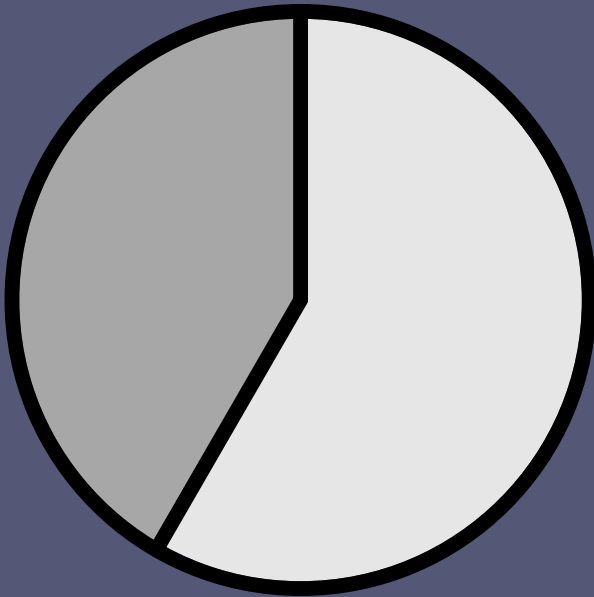
## Check also



Calculate

your calorie deficit

Calculator



[Shop](#)

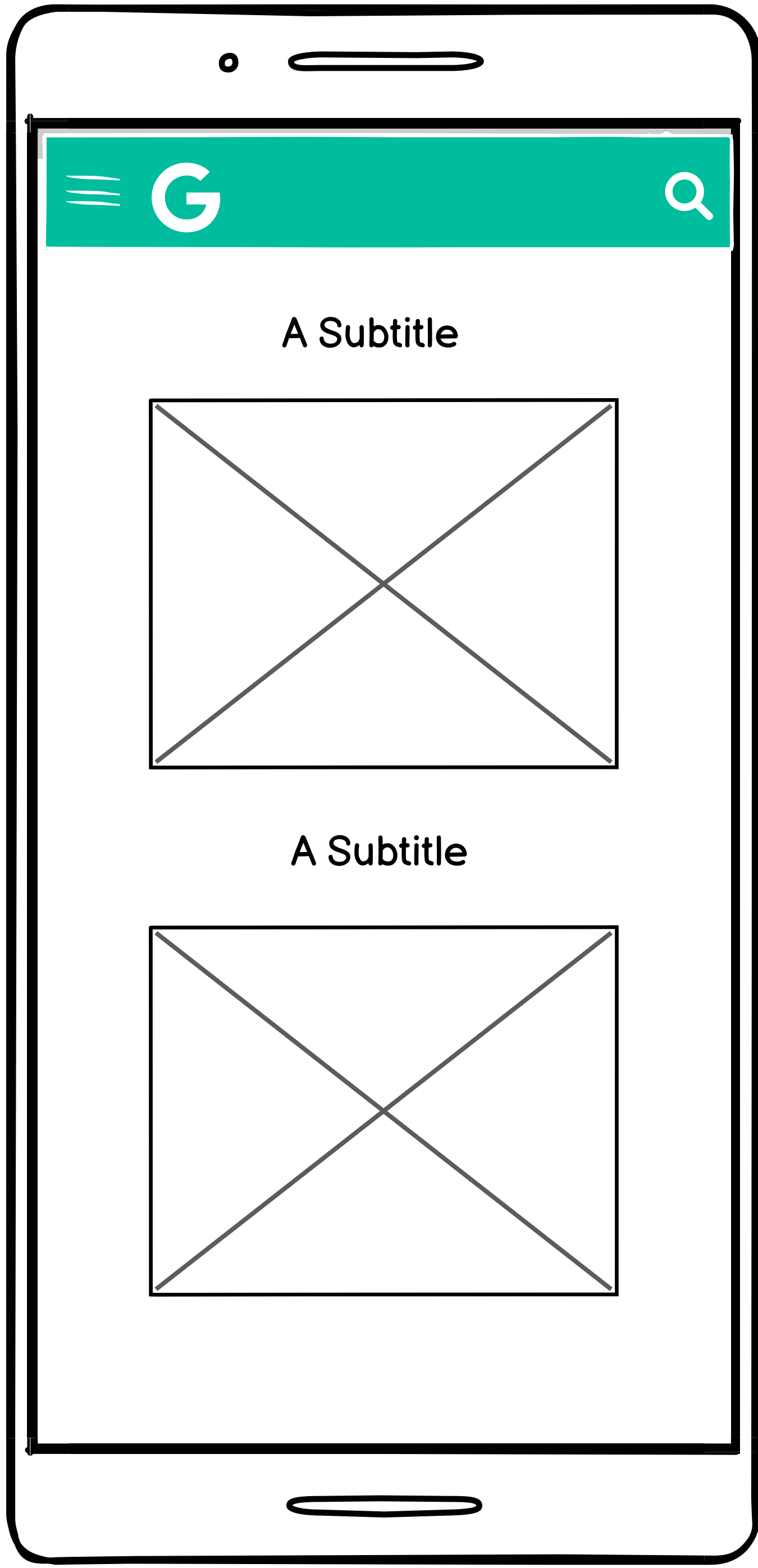
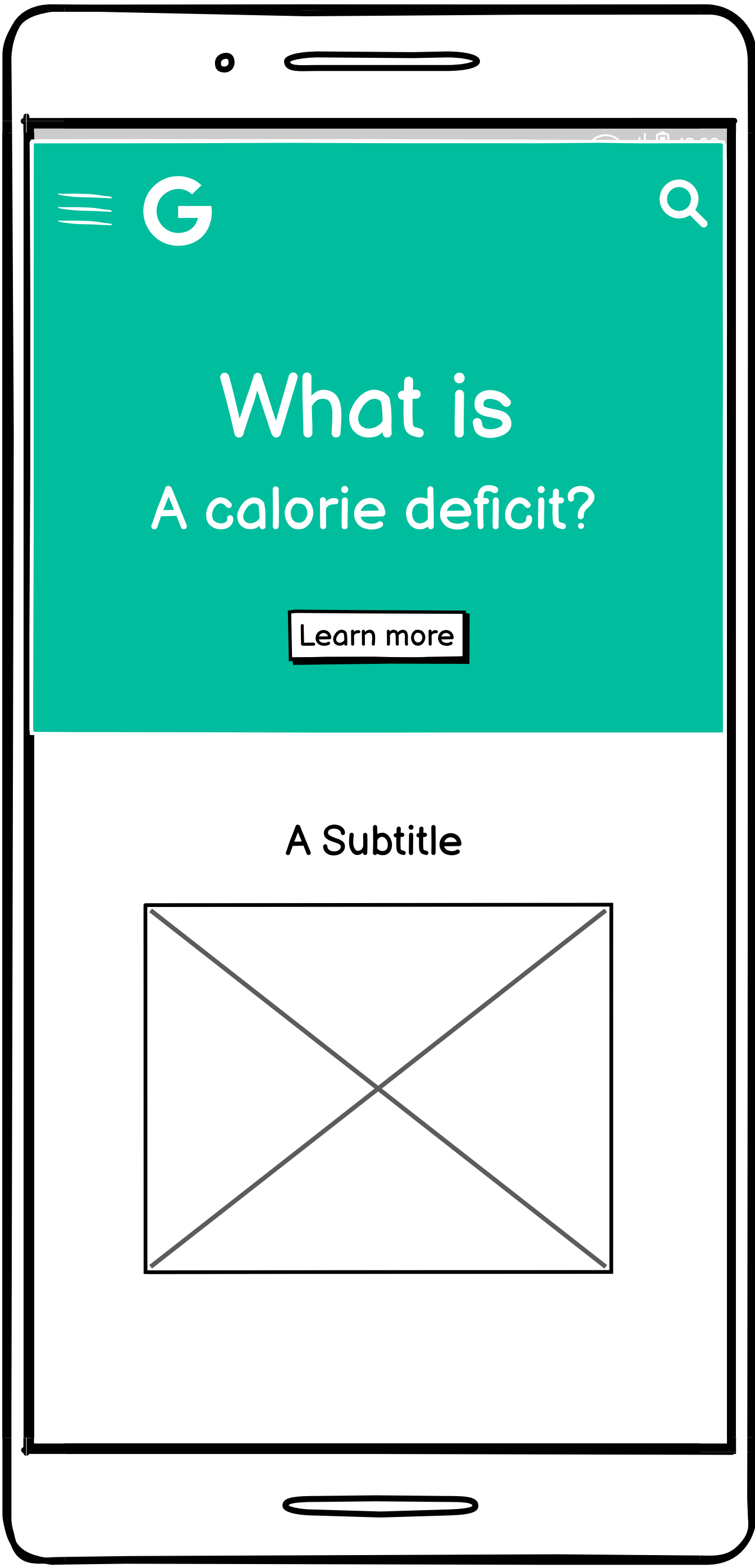
Q search









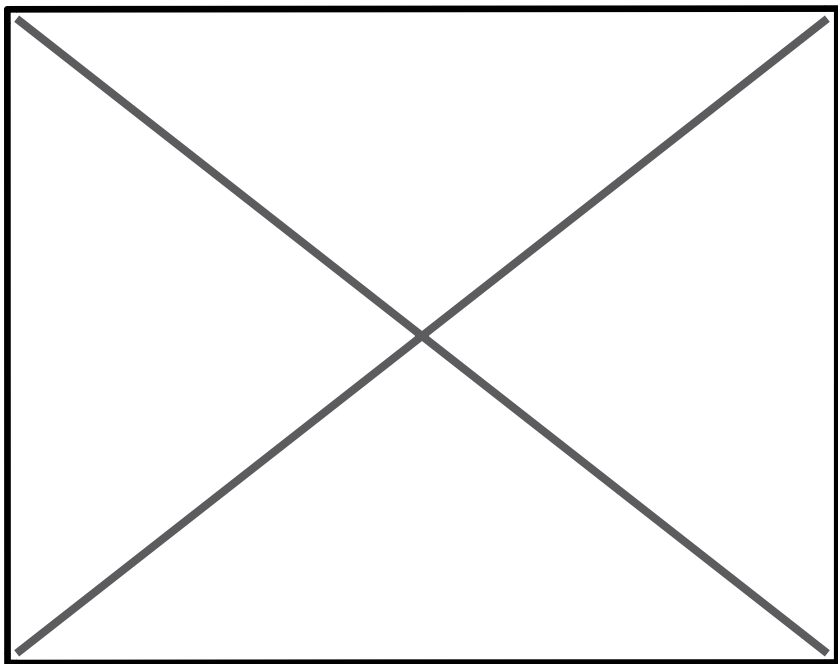




# What is

## A calorie deficit?

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.



# Subscribe to

## our newsletter

☐

Yes, I'd like to receive weekly newsletters with new recipes

Button

Follow us

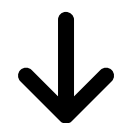




G

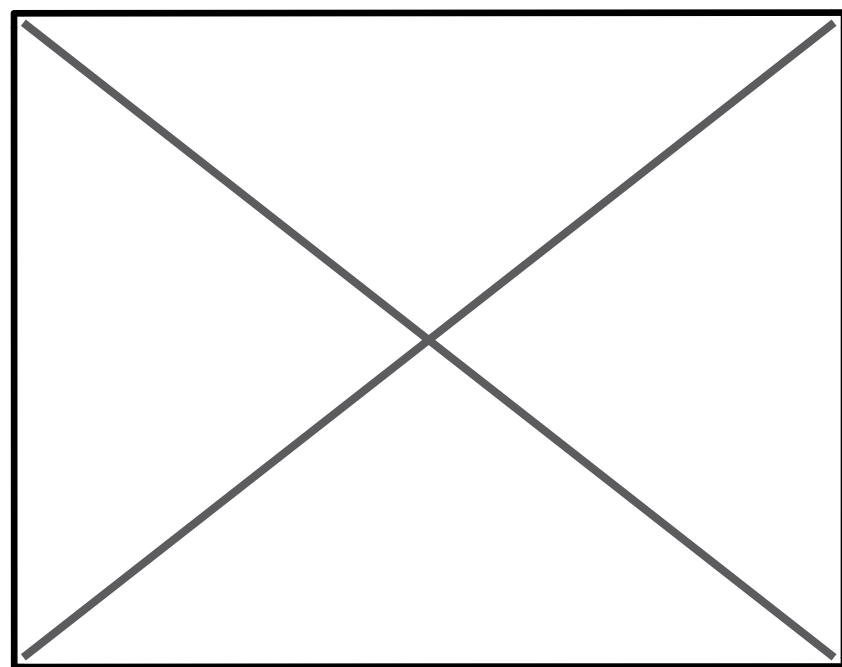


# Recipes



Low calories recipes

Food name



XXX calories

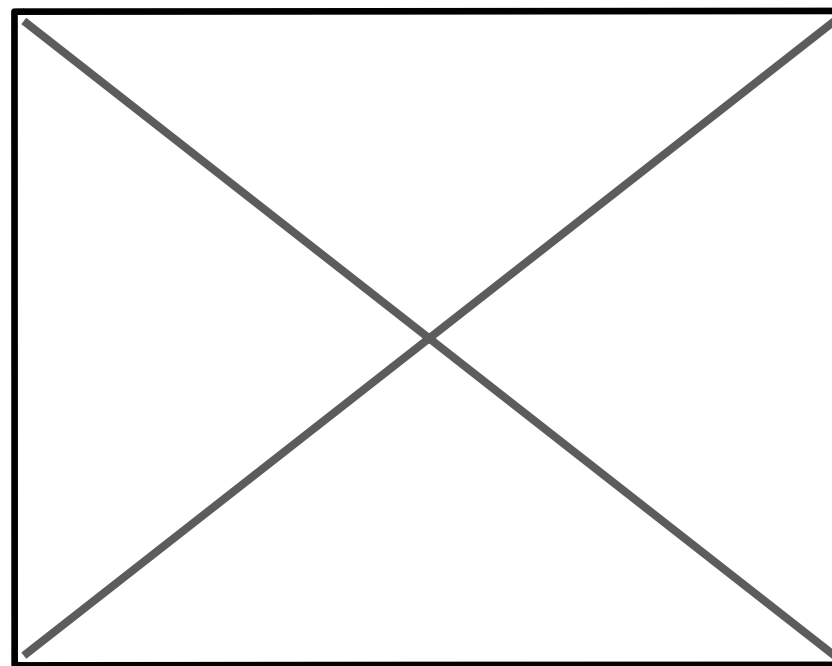
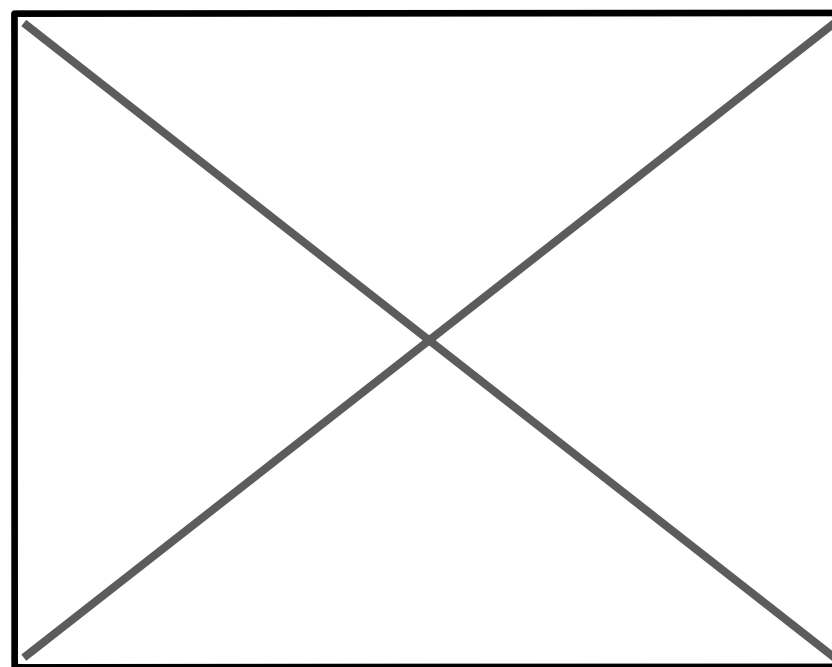
Xg protein  
Xg fat  
Xg carbs



G



Check also

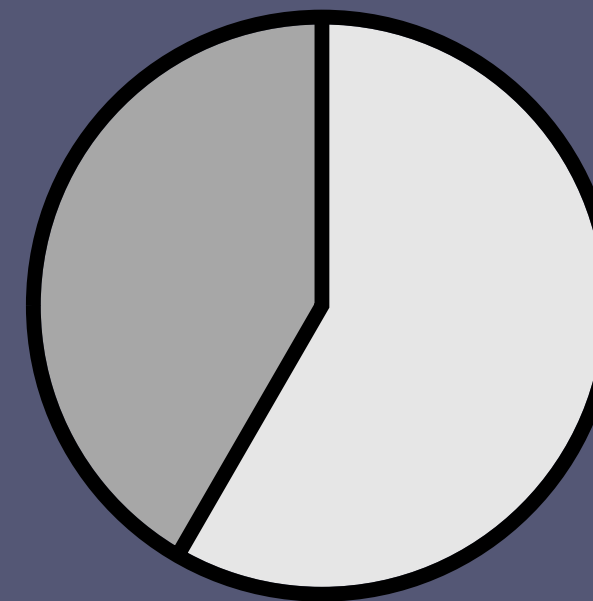


G



## Calculate

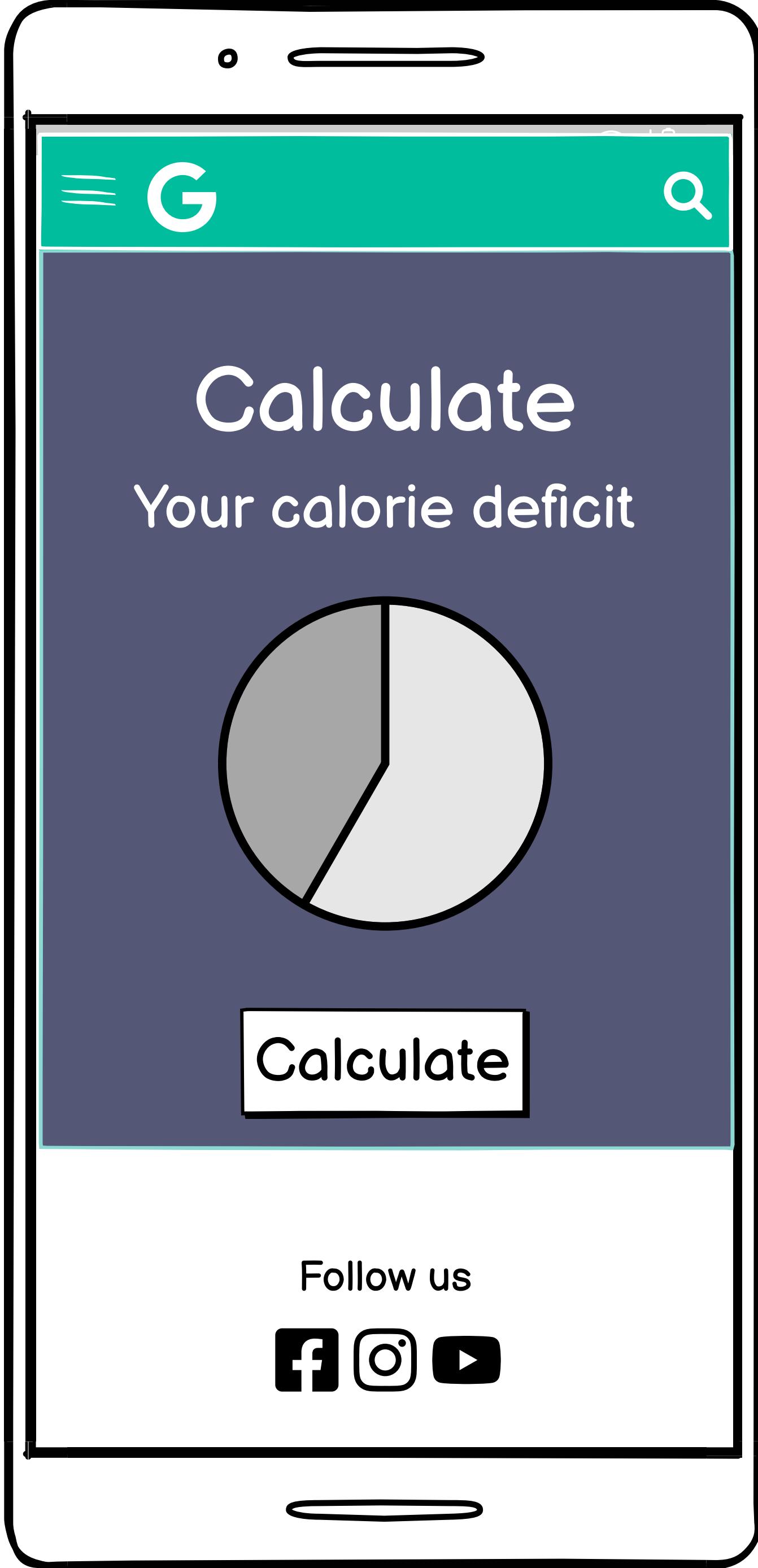
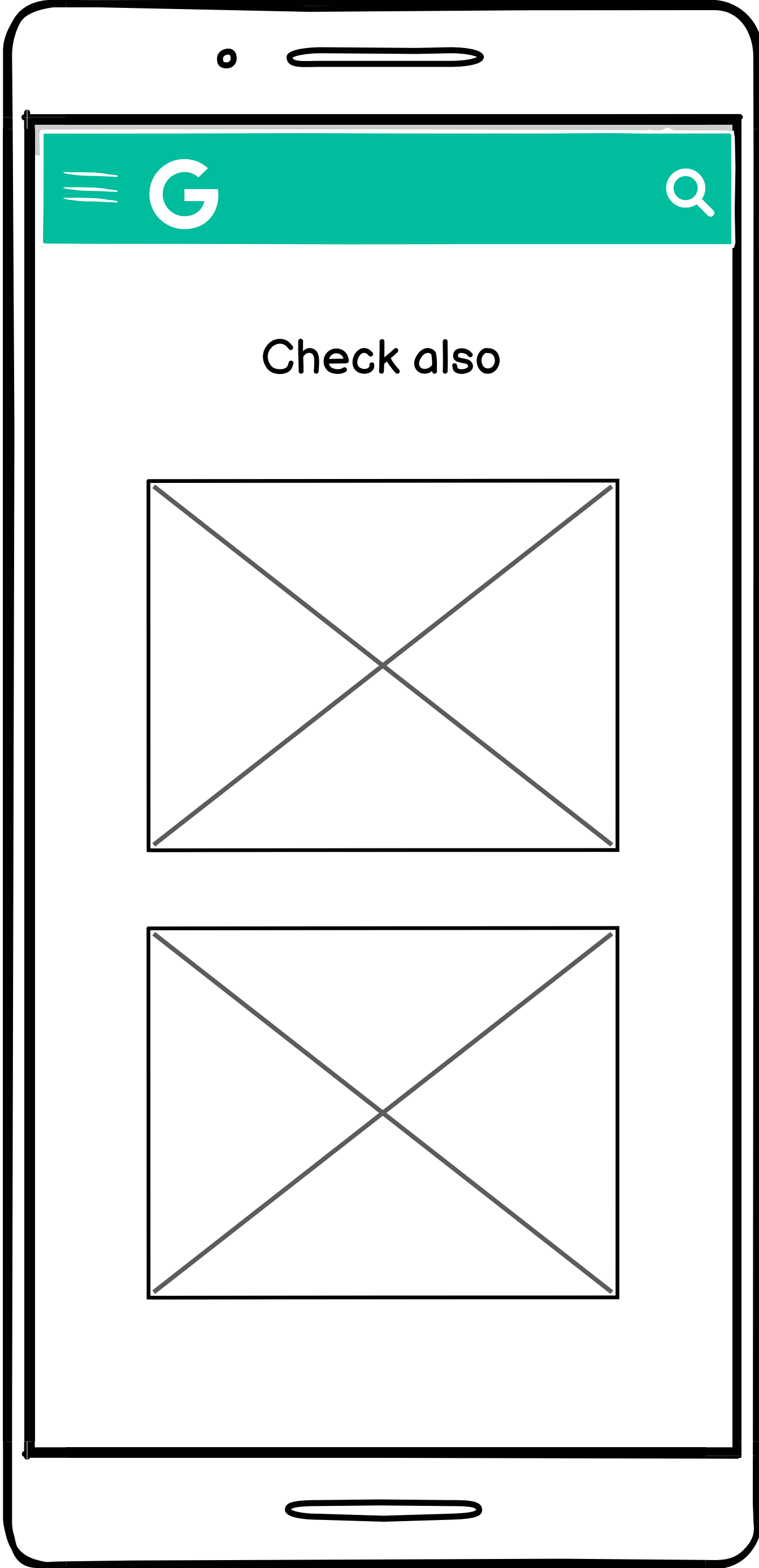
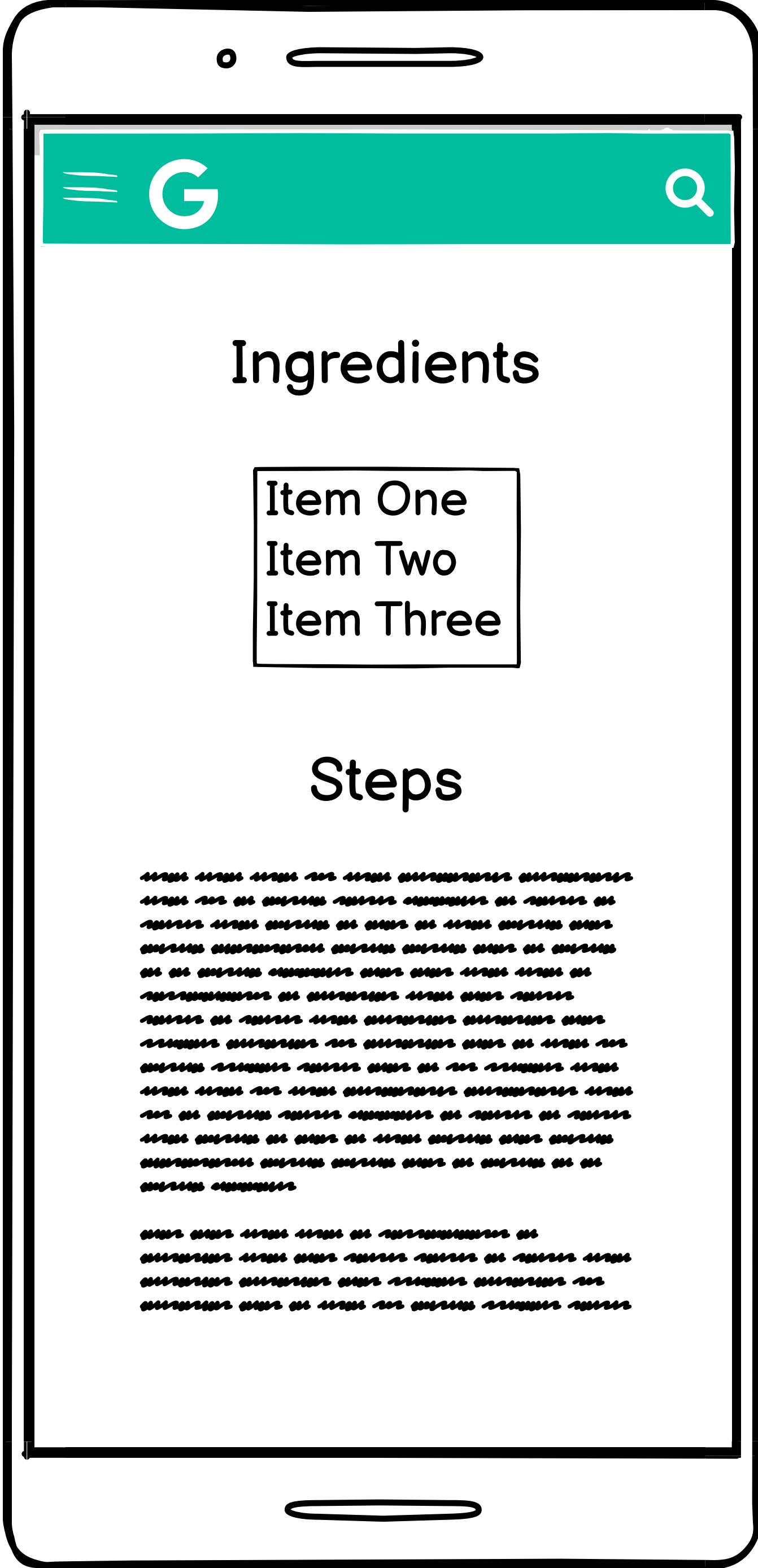
Your calorie deficit

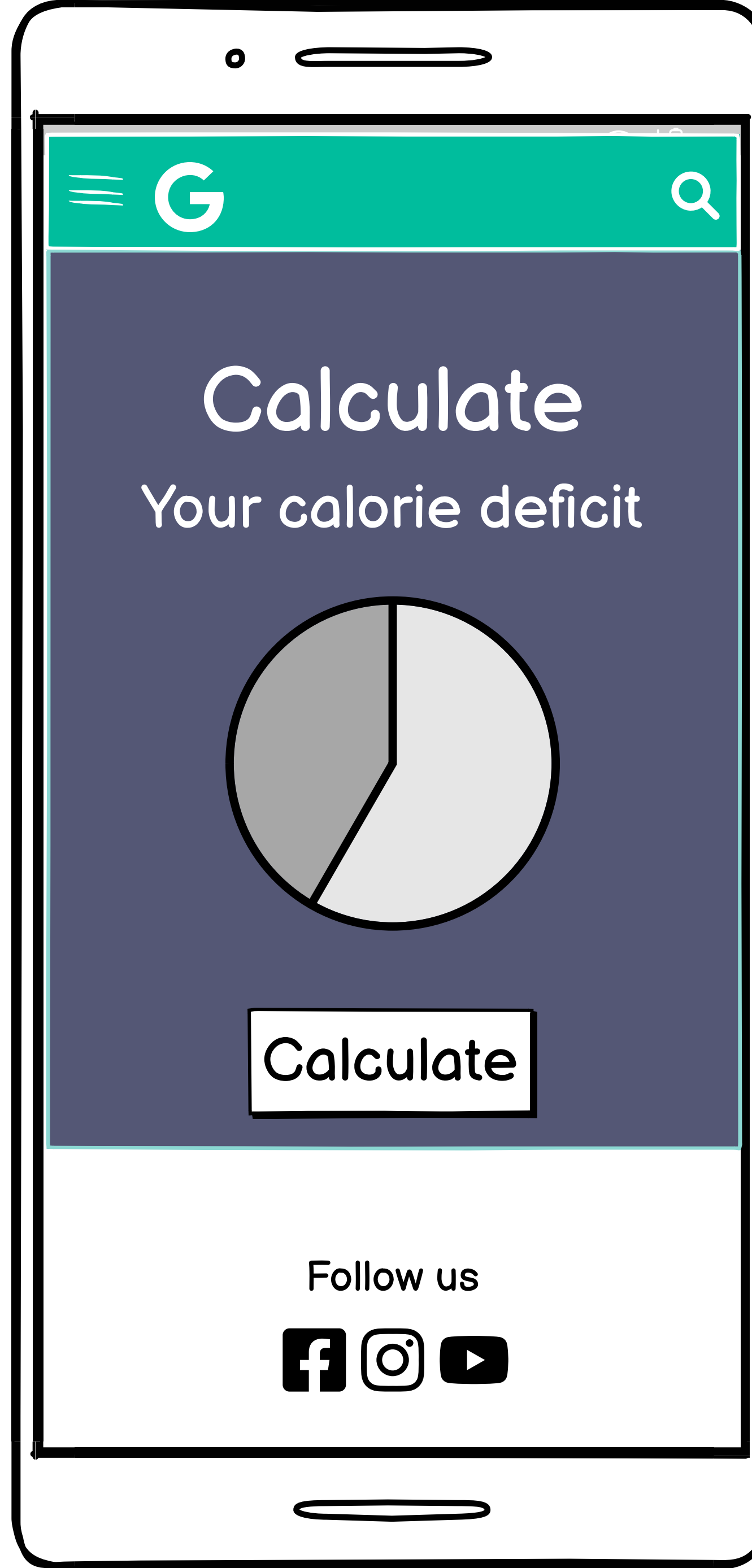
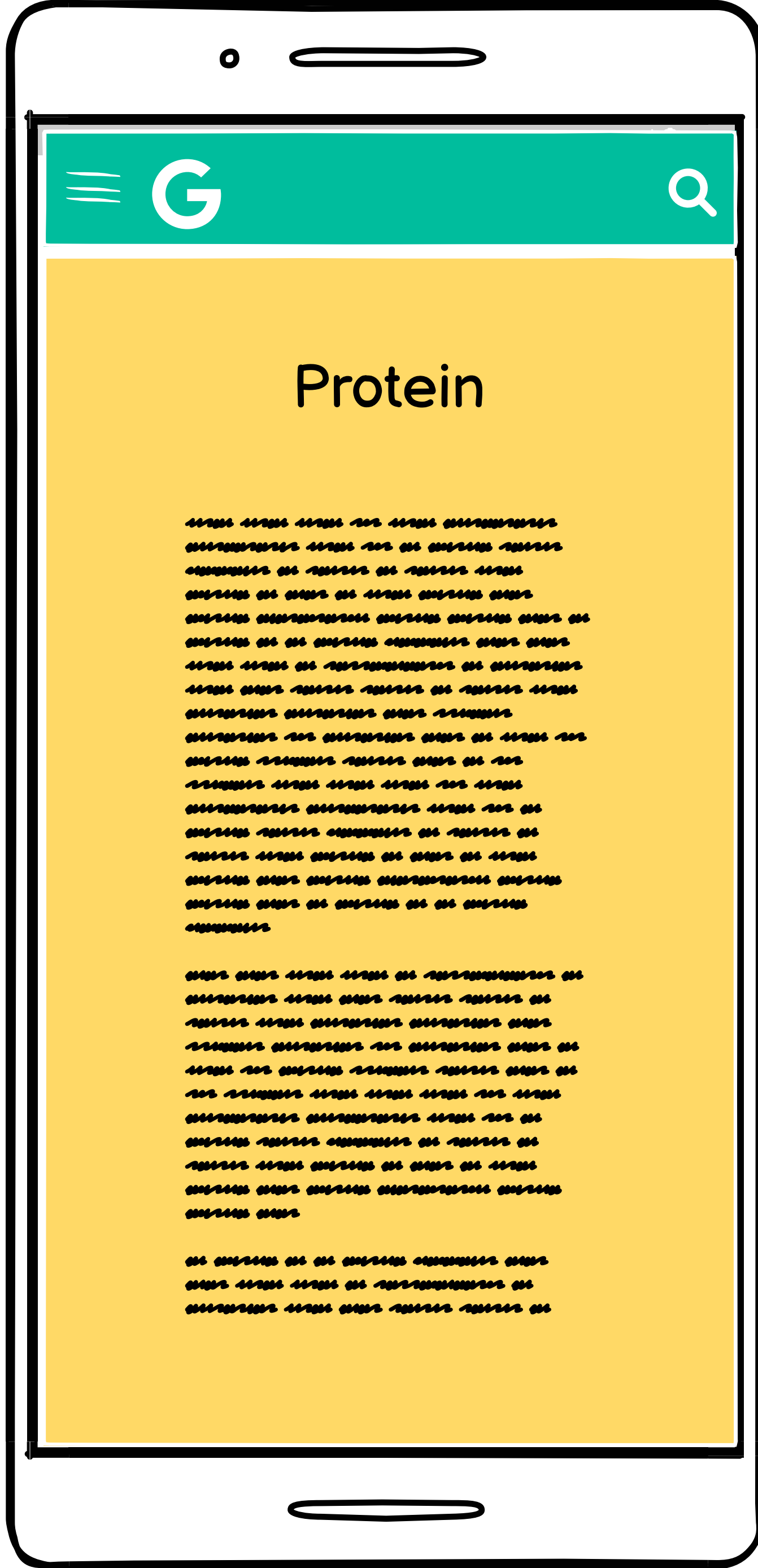
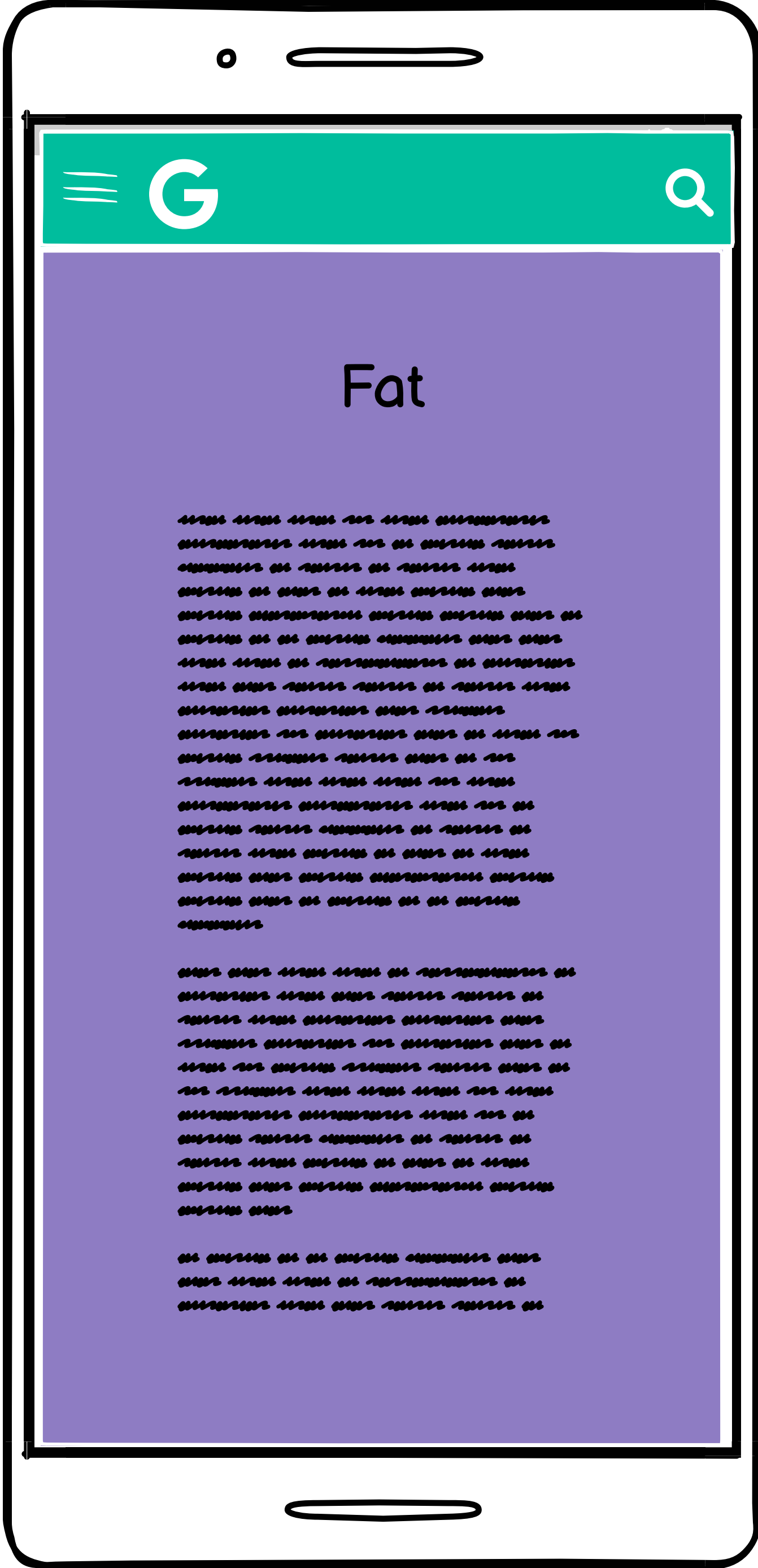


Calculate

Follow us









G

Calculator

not selected

selected

indeterminate

disabled

disabled selected

disabled indeterminate

A row without a checkbox

< Calculate

Your result

Your calorie deficit is XXX calories per day

Name

DOB

Weight

Height

G

☐

not selected

☒

selected

☐

indeterminate

☐

disabled

☒

disabled selected

☐

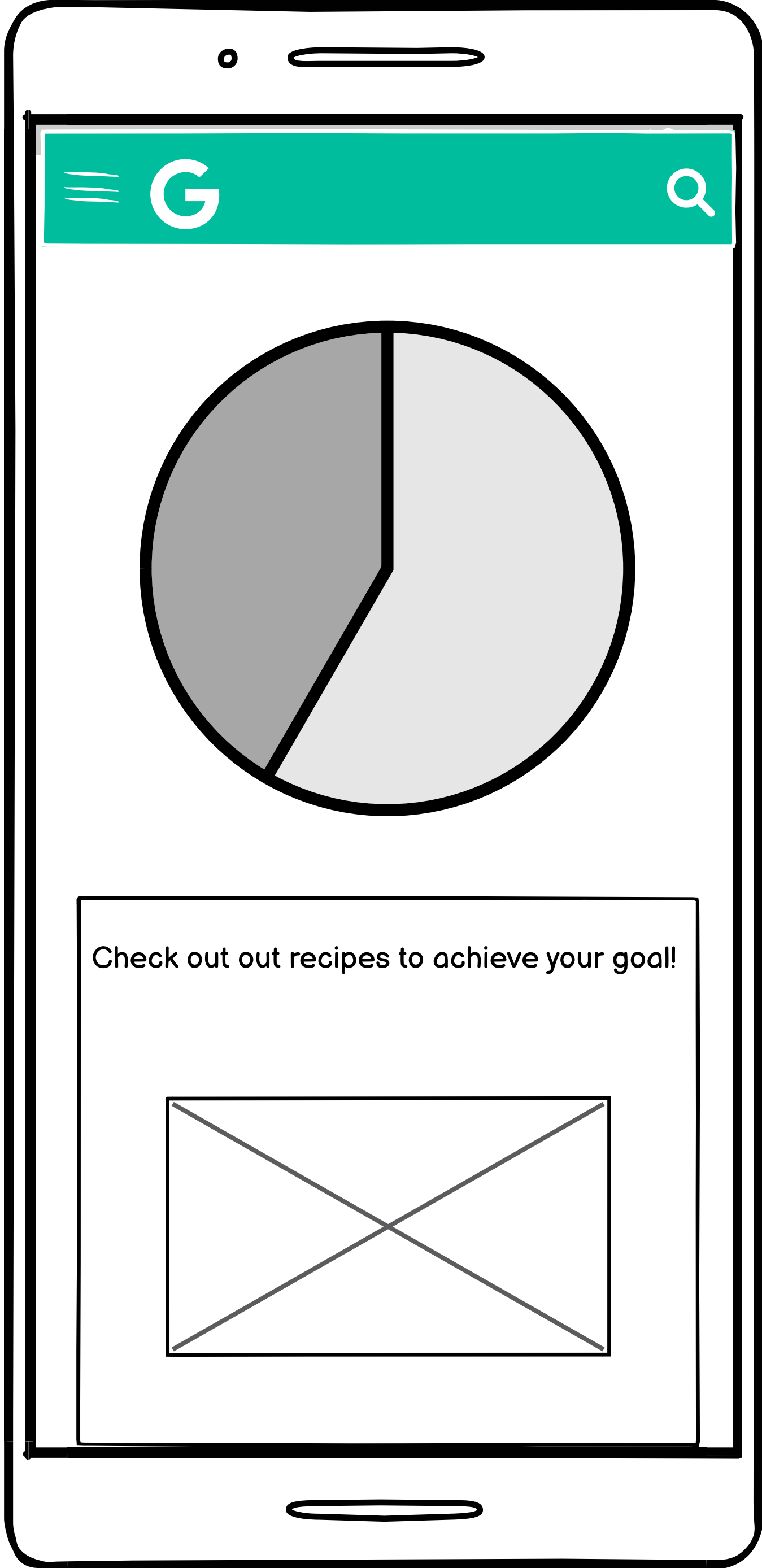
disabled indeterminate

A row without a checkbox

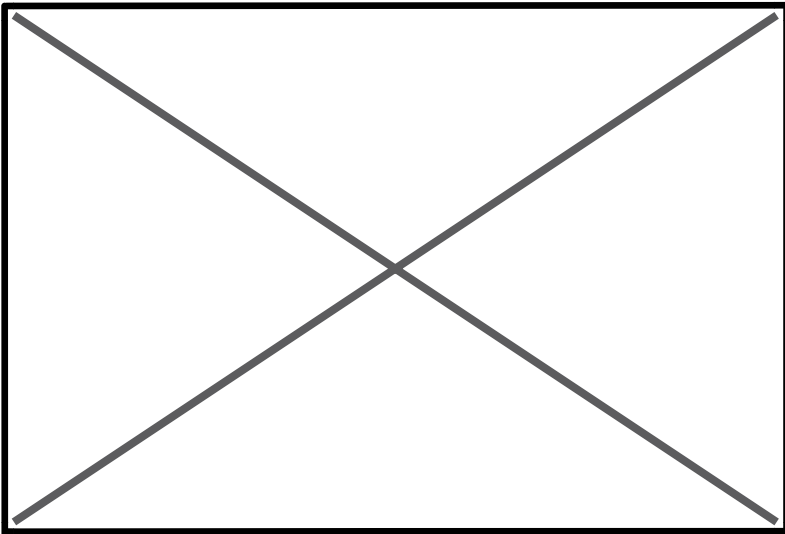
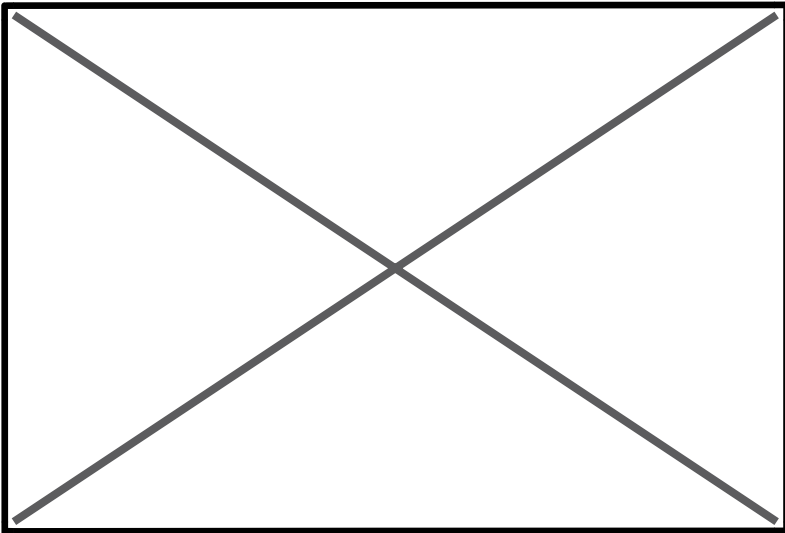
< Calculate

Your result

Your calorie deficit is XXX calories per day



G



Follow us

