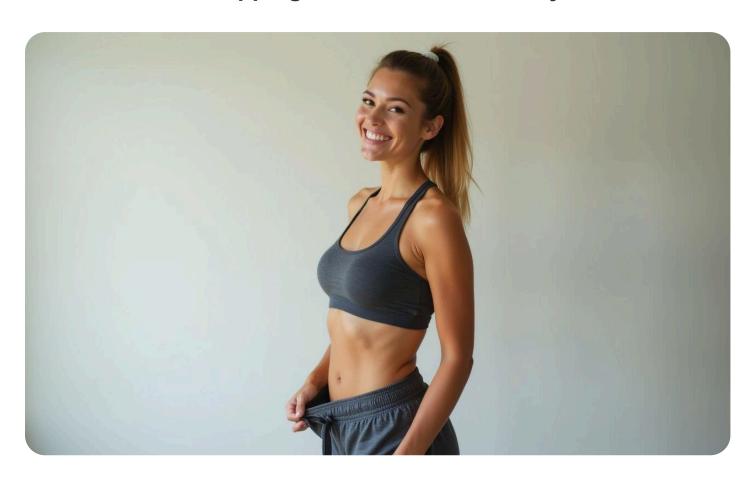


4-week 2000 kcal protein diet for a slim figure Shopping list for the current day



High-Protein Diet – An Effective Plan for Fat Loss and Body Recomposition

A high-protein diet supports fat loss, preserves lean muscle mass, and promotes long-lasting satiety. It's an ideal choice for anyone looking to lose weight, improve body composition, or eat more consciously.

Why Choose a High-Protein Diet?

- 1. A higher protein intake promotes fat burning while helping maintain muscle mass.
- 2. Protein has the highest thermic effect of all macronutrients your body uses more energy to digest it.
- 3. Protein-rich meals keep you fuller for longer, naturally reducing hunger and cravings.
- 4. It helps stabilize blood sugar levels, minimizing energy crashes and sugar cravings.
- 5. Supports metabolism and recovery, especially for those with an active lifestyle.

What's Included in the Plan?

- 1. A complete meal plan based on high-protein foods
- 2. Balanced meals for each day of the week
- 3. Easy, practical recipes
- 4. Clear hydration and (optional) supplement guidelines



Who Is It For?

- 1.
- 2. People on a fat-loss or cutting phase
- 3. Physically active individuals
- 4. Anyone looking to improve metabolism and body composition
- 5. Those who want a simple, effective nutrition plan without overcomplication



Shopping list for the current day

• Banana

1 x Piece - 120g

Black pepper

1 x Pinch - 0.1g

0.5 x Teaspoon - 2.5g

Boneless loins

200 x Gram - 200g

Buckwheat groats

0.5 x Package - 50g

Cherry tomatoes

4 x Piece - 80g

· Chicken breast ham

4 x Slice - 60g

Cucamber

2 x Piece - 70g

· Cucumber, greenhouse

10 x Slice - 20g

• Eggs, Whole chicken eggs (M)

3 x Piece - 153g

Fresh mushroom

5 x Piece - 100g

· Greek natural yogurt

1 x Package - 150g

• Mozzarella cheese

3 x Slice - 45g

Mustard

1 x Teaspoon - 10g

· Oat flakes

3 x Tablespoon - 30g

Pickled cucumber

0.5 x Piece - 30g

· Red pepper

3 x Slice - 90g

· Rye bread wholemeal

5 x Slice of bread - 150g

· Salt, white

1 x Pinch - 0.1g

0.5 x Teaspoon - 2.5g



- Skyr Icelandic yogurt
 - 1 x Tablespoon 25g
- Tomato Concentrate 30%
 - 1 x Teaspoon 15g
- olive oil
 - 1 x Teaspoon 5g
 - 2 x Tablespoon 20g