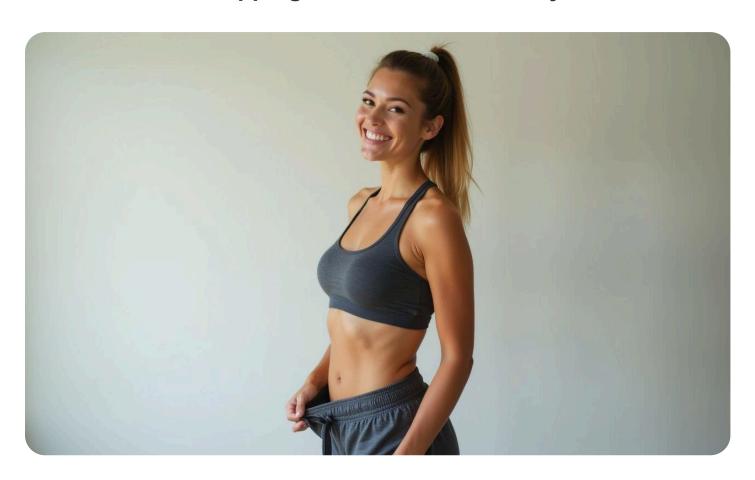


# 4-week 2000 kcal protein diet for a slim figure Shopping list for the current day



# 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
- Bee honey
  - 1 x Teaspoon 12g
- Black pepper
  - 2 x Pinch 0.2g
- · Buckwheat groats
  - 50 x Gram 50g
- Coconut flakes
  - 2 x Teaspoon 8g
- Cow's milk 3.2%
  - 1 x Cup 240ml
- Grapes
  - 6 x Piece 60g
- · Greek natural yogurt
  - 1 x Package 150g
- Green peppers
  - 0.5 x Piece 100g
- Kiwi
  - 1 x Piece 75g
- · Loquat cheese, homogenised, full-fat
  - 1 x Tablespoon 30g
- · Low-sweetened cherry jam
  - 2 x Teaspoon 30g
- Mustard
  - 1 x Teaspoon 10g
- Onion
  - 1 x Piece 170g
- · Pineapple slices in syrup
  - 1 x Slice 15g
- · Pork ham, cooked
  - 2 x Slice 40g
- Red pepper
  - 0.5 x Piece 100g
- · Rye bread wholemeal
  - 2 x Slice of bread 60g
- · Salt, white



- 2 x Pinch 0.2g
- Skyr Icelandic yogurt
  - 1 x Package 150g
- Soy sauce (light)
  - 2 x Tablespoon 20g
- Spelt flakes
  - 2 x Tablespoon 20g
- Turkey breast meat, without skin
  - 3 x Portion 300g
- Vegetables in a pan with broccoli
  - 2 x Portion 200g
- · olive oil
  - 2 x Tablespoon 20g