



# 4-week 2200 kcal protein diet for your dream 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**  
3 x Pinch - 0.3g
- **Butter**  
1 x Teaspoon - 10g
- **Chia seeds**  
2 x Tablespoon - 20g
- **Chicken breast ham**  
4 x Portion - 60g
- **Cucumber**  
2 x Piece - 70g
- **Curry**  
1 x Pinch - 0.1g
- **Fat Edam cheese**  
2 x Slice - 50g
- **Fresh mushroom**  
5 x Piece - 100g
- **Granulated garlic**  
1 x Teaspoon - 5g
- **Grapes**  
3 x Piece - 30g
- **Greek natural yogurt**  
1 x Package - 150g  
1 x Tablespoon - 25g
- **Kiwi**  
1 x Piece - 75g
- **Onion**  
1 x Piece - 170g
- **Raspberries**  
150 x Gram - 150g
- **Rye bread wholemeal**  
2 x Slice of bread - 60g
- **Salt, white**  
3 x Pinch - 0.3g
- **Sesame seed**  
1 x Teaspoon - 5g



- **Skyr - Icelandic yogurt**  
1 x Package - 150g
- **Spelt flakes**  
4 x Tablespoon - 40g
- **Trail mix**  
1 x Handfull - 40g
- **Turkey breast meat, without skin**  
3 x Portion - 300g
- **Wheat flour, Type 450**  
1 x Tablespoon - 12g
- **Wholemeal spaghetti pasta**  
1 x Portion - 50g
- **olive oil**  
2 x Tablespoon - 20g