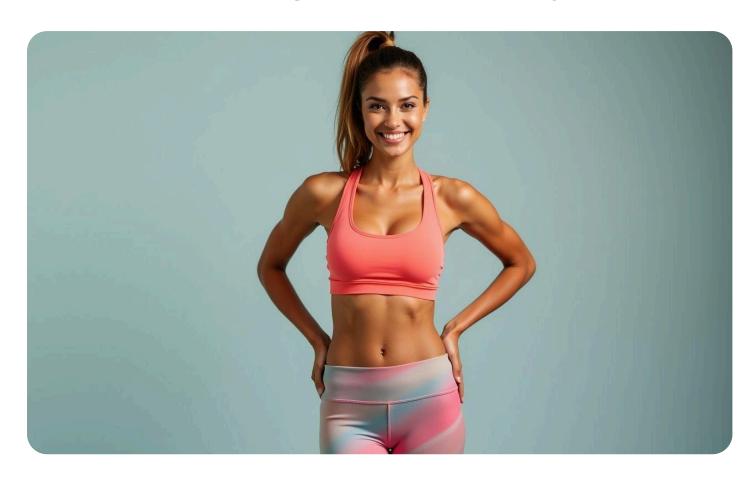


# Protein power diet for 4 weeks - 1500 kcal

# 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

- · Basil, fresh
  - 1 x Handfull 3g
- Black pepper
  - 4 x Pinch 0.4g
- Cherry tomatoes
  - 4 x Piece 80g
- · Chicken breast ham
  - 4 x Slice 60g
- Chunky tomatoes
  - 0.5 x Can 200g
- · Cucumber, greenhouse
  - 10 x Slice 20g
- Eggs, Whole chicken eggs (M)
  - 2 x Piece 102g
- Garlic
  - 1 x Tooth 5g
- Grapes
  - 6 x Piece 60g
- Greek natural yogurt
  - 1 x Package 150g
- Ground turkey
  - 200 x Gram 200g
- Kiwi
  - 1 x Piece 75g
- Mozzarella cheese
  - 2 x Slice 30g
- Onion
  - 1 x Piece 170g
- Provencal herbs
  - 1 x Teaspoon 2g
- Red pepper
  - 0.5 x Piece 100g
  - 3 x Slice 90g
- · Rice flour
  - 2 x Tablespoon 20g
- Rye bread wholemeal
  - 1 x Slice of bread 30g



- · Salt, white
  - 1 x Teaspoon 5g
  - 1 x Pinch 0.1g
- Spelt flakes
  - 3 x Tablespoon 30g
- Wholemeal spaghetti pasta
  - 1 x Portion 50g
- olive oil
  - 1 x Teaspoon 5g
  - 1 x Tablespoon 10g