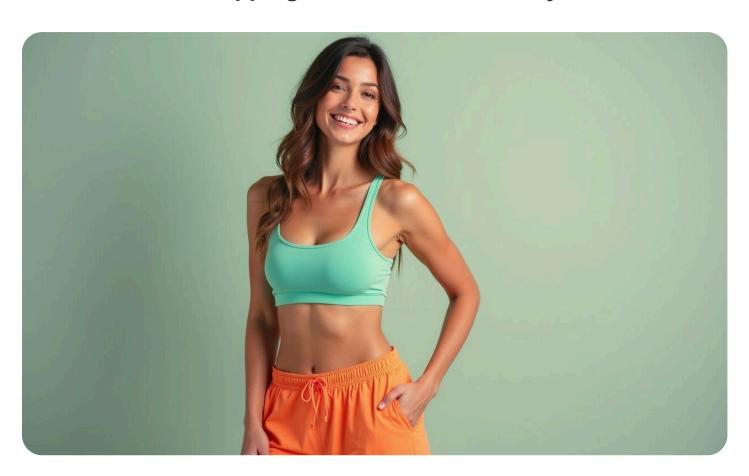


1800 kcal protein diet for a slim figure in 28 days Shopping list for the current day



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

· Alfalfa sprouts

1 x Tablespoon - 8g

• Banana

1 x Piece - 120g

• Black pepper

3 x Pinch - 0.3g

Boneless loins

200 x Gram - 200g

• Butter

1 x Teaspoon - 10g

• Butterhead Lettuce

2 x Leaf - 10g

· Chicken breast ham

3 x Slice - 45g

Chives

1 x Teaspoon - 2g

Cinamon

3 x Pinch - 0.3g

Coconut flakes

1 x Tablespoon - 6g

Cucamber

1 x Portion - 35g

· Flaked almonds

2 x Tablespoon - 24g

· Greek natural yogurt

1 x Package - 150g

• Green peppers

0.5 x Piece - 100g

• Lemon juice

1 x Teaspoon - 3g

· Light cottage cheese

1 x Package - 150g

• Mozzarella cheese

1 x Slice - 15g

• Oat flakes (mountain, instant)

50 x Gram - 50g

Onion



- 1 x Piece 170g
- Red pepper

0.5 x Piece - 100g

- Rye bread wholemeal
 - 1 x Portion 30g
- · Salt, white

3 x Pinch - 0.3g

• Skyr - Icelandic yogurt

2 x Tablespoon - 50g

• Soy sauce (light)

1 x Tablespoon - 10g

Walnut

3 x Piece - 12g

• Zucchini

1 x Piece - 600g

- · olive oil
 - 1 x Teaspoon 5g