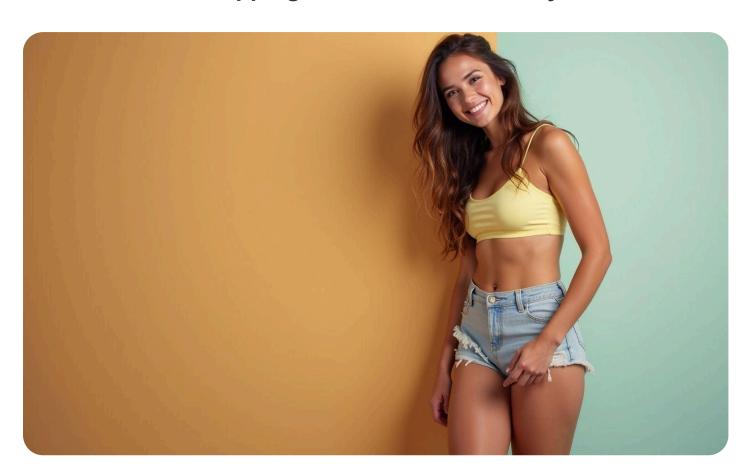


# Protein Revolution Week 1600 kcal for a New Figure Shopping list for the current day



# 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 Small piece 80g
- Black pepper
  - 1 x Pinch 0.1g
- Boneless loins

200 x Gram - 200g

- Buckwheat flour
  - 2 x Tablespoon 20g
- Butterhead Lettuce
  - 5 x Leaf 25g
- Carrot
  - 2 x Piece 100g
- Cherry tomatoes
  - 4 x Piece 80g
- · Chicken breast ham
  - 4 x Slice 60g
- Chives
  - 1 x Tablespoon 5g
- Cucumber, greenhouse
  - 1 x Piece 180g
  - 10 x Slice 20g
- Eggs, Whole chicken eggs (M)
  - 1 x Piece 51g
- Feta cheese
  - 20 x Gram 20g
- · Greek natural yogurt
  - 5 x Tablespoon 125g
- · Ground sweet pepper
  - 2 x Pinch 1g
- Mayonnaise
  - 1 x Teaspoon 10g
- Mozzarella cheese
  - 1 x Slice 15g
- Potatoes
  - 3 x Piece 225g
- Provencal herbs
  - 2 x Pinch 0.4g



- Radish
  - 2 x Piece 30g
- Raspberries
  - 1 x Handfull 70g
- Red pepper
  - 3 x Slice 90g
- Rye bread wholemeal
  - 2 x Slice of bread 60g
- · Salt, white
  - 4 x Pinch 0.4g
- · olive oil
  - 1 x Teaspoon 5g
  - 1 x Tablespoon 10g