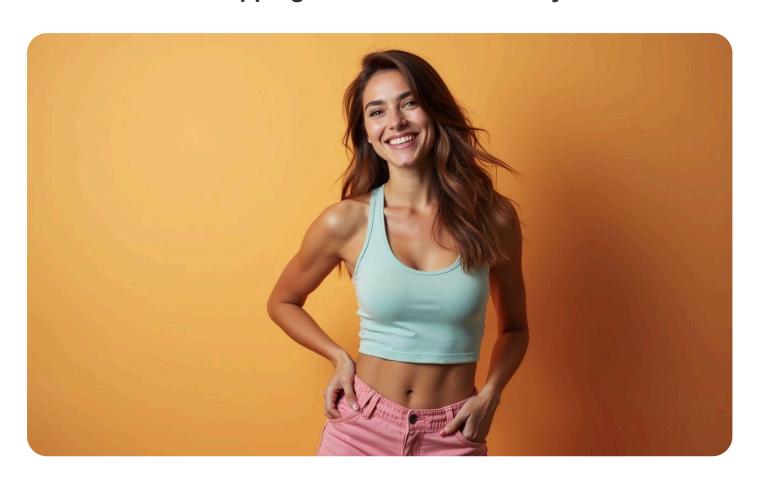


# Express Protein Diet 1600 kcal - Lose weight in 3 weeks Shopping list for the current day



#### 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

#### Almond milk

100 x Gram - 100ml

#### • Banana

0.5 x Piece - 60g

# • Black pepper

3 x Pinch - 0.3g

#### Blueberry

2 x Handfull - 100g

#### Chives

1 x Teaspoon - 2g

#### Coconut flakes

2 x Teaspoon - 8g

#### Curry

1 x Pinch - 0.1g

#### • Eggs, Whole chicken eggs (M)

2 x Piece - 102g

#### Flaked almonds

1 x Tablespoon - 12g

#### • Fresh mushroom

5 x Piece - 100g

## · Granulated garlic

1 x Teaspoon - 5g

#### · Loquat cheese, homogenised, full-fat

1 x Tablespoon - 30g

# • Low-sweetened cherry jam

1 x Teaspoon - 15g

## Mustard

1 x Teaspoon - 10g

#### • Onion

1 x Piece - 170g

# · Pork ham, cooked

2 x Slice - 40g

## • Rye bread wholemeal

4 x Slice of bread - 120g

## • Salt, white

3 x Pinch - 0.3g

## Sesame seed



- 1 x Teaspoon 5g
- Skyr Icelandic yogurt
  - 1 x Package 150g
- Tomato
  - 1 x Piece 170g
- Turkey breast meat, without skin
  - 2 x Portion 200g
- Wheat flour, Type 450
  - 1 x Tablespoon 12g
- Wholemeal spaghetti pasta
  - 1 x Portion 50g
- · olive oil
  - 1 x Tablespoon 10g
  - 1 x Teaspoon 5g