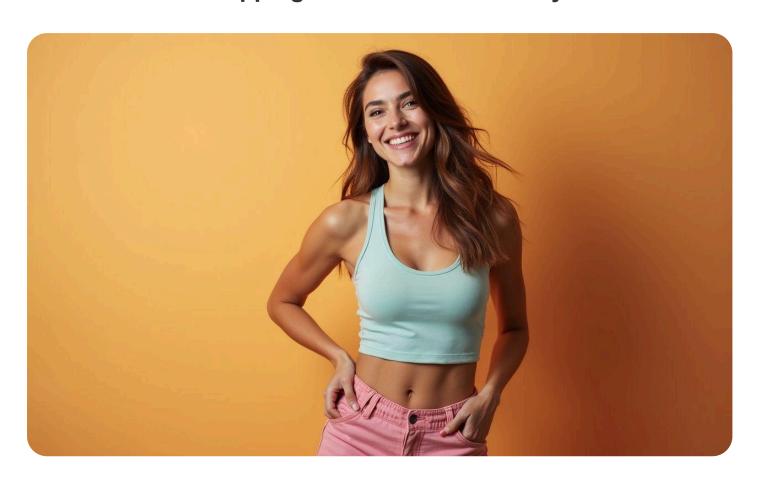


# Express Protein Diet 1600 kcal - Lose weight in 3 weeks Shopping list for the current day



## 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

## · Basil, fresh

1 x Handfull - 3g

## • Bee honey

1 x Teaspoon - 12g

# • Black pepper

5 x Pinch - 0.5g

#### Carrot

1 x Piece - 50g

## · Chunky tomatoes

0.5 x Can - 200g

#### Coconut flakes

1 x Teaspoon - 4g

# • Eggs, Whole chicken eggs (M)

3 x Piece - 153g

#### • Fresh mushroom

5 x Piece - 100g

#### Garlic

2 x Tooth - 10g

## · Ground turkey

200 x Gram - 200g

# · Light cottage cheese

1 x Package - 150g

## Millet flakes

15 x Gram - 15g

#### • Onion

1 x Small piece - 130g

1 x Piece - 170g

## Potatoes

1 x Piece - 75g

### Provencal herbs

1 x Teaspoon - 2g

# · Rye bread wholemeal

1 x Slice of bread - 30g

# · Salt, white

2 x Pinch - 0.2g

1 x Teaspoon - 5g

## • Sunflower oil

2 x Tablespoon - 20g



- Wheat flour, Type 450
  - 1 x Tablespoon 12g
- Wholemeal spaghetti pasta
  - 1 x Portion 50g
- olive oil
  - 1 x Teaspoon 5g
  - 2 x Tablespoon 20g