



# **Protein Shape - 1600 kcal protein diet - 4 weeks to a new figure**

## **Shopping list for the current day**



### High-Protein Diet – an effective weight loss plan for a lean body

Do you want to see quick results, feel lighter, and have more energy? The **high-protein diet** is a proven way to achieve healthy weight loss. It supports fat burning, protects muscle mass, and keeps you full for longer. Perfect if you dream of a lean body and want to eat in a simple yet mindful way.

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Why choose a high-protein diet?

1. **Fast weight loss results** – more protein = faster fat burning.
2. **A lean body without hunger** – filling meals make it easier to control your appetite.
3. **Energy and lightness every day** – stable blood sugar levels and no sudden cravings.
4. **Boost for metabolism and recovery** – ideal if you live an active lifestyle.
5. **No yo-yo effect** – the plan is based on simple, natural foods.

How does the high-protein diet work?

It's a **balanced weight loss plan** focused on protein-rich foods such as lean meats, fish, eggs, dairy, and legumes. Thanks to this:

1. Your body burns more energy during digestion, which speeds up fat reduction.
2. Meals are satisfying yet light – no constant snacking.
3. The plan is simple – clear recipes, a shopping list, and step-by-step guidance.

Who is this diet for?

1. For people on a **weight loss journey** who want results without extreme restrictions.
2. For the **physically active**, looking to maintain muscle and performance.
3. For busy individuals who need a **convenient and effective solution**.
4. For anyone who wants to boost metabolism and regain energy.

Start today!

Don't put off your goals – your lean body and healthy lifestyle are within reach. Choose the **high-protein diet**, see real results, and enjoy how simple and pleasant weight loss can be.

👉 **Pick your plan, start your journey, and feel lighter every day!**



### Shopping list for the current day

- **Apple**  
50 x Gram - 50g
- **Bee honey**  
1 x Teaspoon - 12g
- **Black pepper**  
2 x Pinch - 0.2g
- **Chicken breast ham**  
2 x Slice - 30g
- **Chives**  
2 x Teaspoon - 4g
- **Cinamon**  
1 x Pinch - 0.1g
- **Coconut flakes**  
2 x Teaspoon - 8g
- **Cow's milk 3.2%**  
100 x Mililiter - 100ml
- **Fresh mushroom**  
3 x Piece - 60g
- **Graham roll**  
1 x Piece - 75g
- **Grapes**  
50 x Gram - 50g
- **Greek natural yogurt**  
0.5 x Package - 75g
- **Green peppers**  
0.5 x Piece - 100g
- **Lemon juice**  
1 x Teaspoon - 3g
- **Long grain white rice (basmati)**  
50 x Gram - 50g
- **Mozzarella cheese**  
2 x Slice - 30g
- **Oat flakes**  
2 x Tablespoon - 20g
- **Orange juice**  
60 x Mililiter - 60ml
- **Pineapple slices in syrup**



2 x Slice - 30g

- **Pork tenderloin, raw**

2 x Portion - 200g

- **Provençal herbs**

1 x Teaspoon - 2g

- **Red pepper**

0.5 x Piece - 100g

2 x Slice - 60g

- **Salt, white**

2 x Pinch - 0.2g

- **Skyr - Icelandic yogurt**

1 x Package - 150g

- **Zucchini**

0.5 x Small piece - 225g

- **olive oil**

1 x Tablespoon - 10g