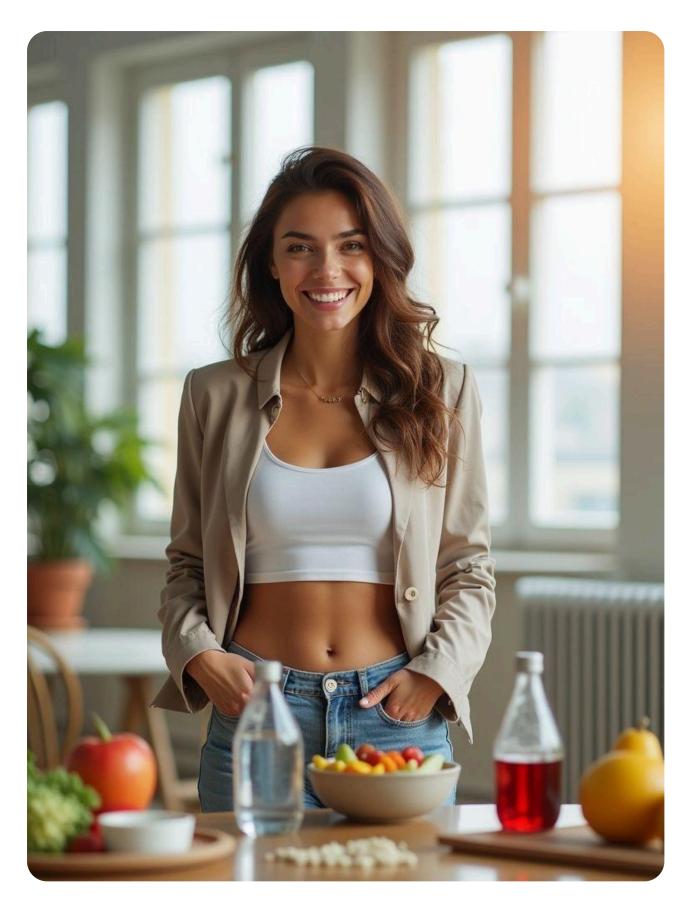


Protein Shape - 1600 kcal protein diet - 4 weeks to a new figure

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.



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!

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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



· Pork tenderloin, raw

2 x Portion - 200g

Provencal 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