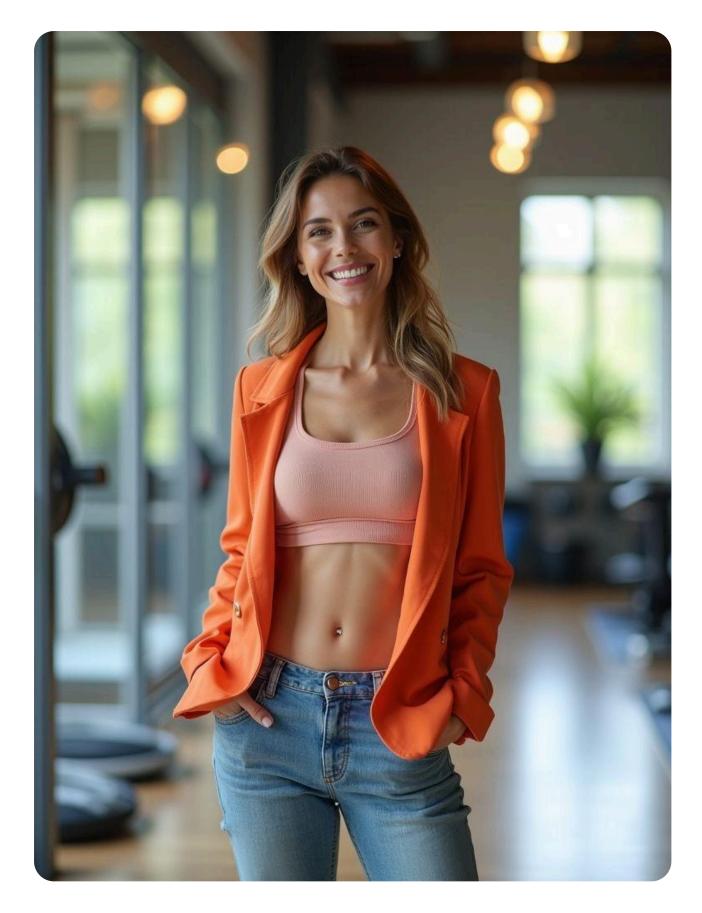


# Protein Power 4 - 2200 kcal protein diet - 4 weeks of energy and reduction

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!

# 0

# Shopping list for the current day

#### Banana

1 x Piece - 120g

# Black pepper

1 x Pinch - 0.1g

0.5 x Teaspoon - 2.5g

#### · Boneless loins

300 x Gram - 300g

#### Buckwheat groats

0.5 x Package - 50g

# Cherry tomatoes

4 x Piece - 80g

# · Chicken breast ham

5 x Slice - 75g

#### Cucamber

2 x Piece - 70g

# · Cucumber, greenhouse

10 x Slice - 20g

# • Eggs, Whole chicken eggs (M)

3 x Piece - 153g

# Fresh mushroom

5 x Piece - 100g

# · Greek natural yogurt

1 x Package - 150g

# • Mozzarella cheese

3 x Slice - 45g

#### Mustard

1 x Teaspoon - 10g

# · Oat flakes

3 x Tablespoon - 30g

#### • Pickled cucumber

0.5 x Piece - 30g

# · Red pepper

3 x Slice - 90g

# Rye bread wholemeal

4 x Slice of bread - 120g

# · Salt, white

1 x Pinch - 0.1g

0.5 x Teaspoon - 2.5g



- Skyr Icelandic yogurt
  - 1 x Tablespoon 25g
- Tomato Concentrate 30%
  - 1 x Teaspoon 15g
- olive oil
  - 1 x Teaspoon 5g
  - 2 x Tablespoon 20g