



Protein Fit - 1400 kcal protein diet - 4 weeks of weight loss step by step

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

- **Almond milk**
100 x Gram - 100ml
- **Banana**
0.5 x Piece - 60g
- **Black pepper**
3 x Pinch - 0.3g
- **Blueberry**
1 x Handfull - 50g
- **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**

1 x Portion - 100g

- **Wheat flour, Type 450**

1 x Tablespoon - 12g

- **Wholemeal spaghetti pasta**

1 x Portion - 50g

- **olive oil**

2 x Teaspoon - 10g