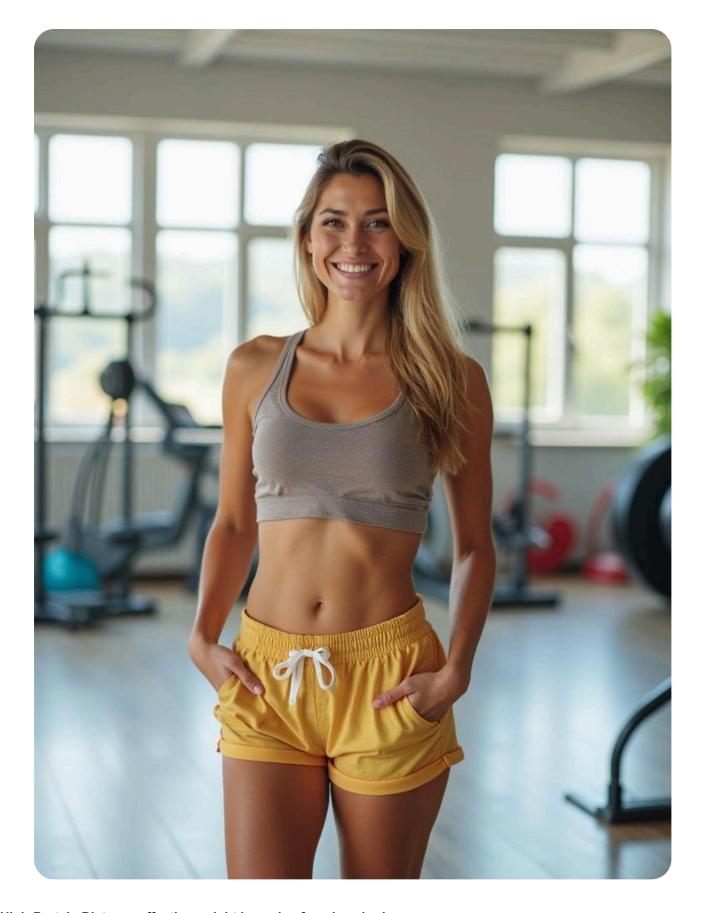


Protein Fit - 1400 kcal protein diet - 4 weeks of weight loss step by step

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.



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

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