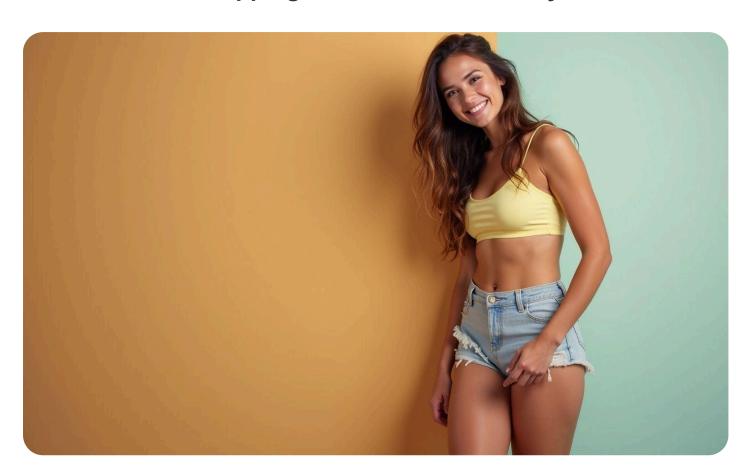


# Protein Revolution Week 1600 kcal for a New Figure Shopping list for the current day



# High-Protein Diet – An Effective Plan for Fat Loss and Body Recomposition

A high-protein diet supports fat loss, preserves lean muscle mass, and promotes long-lasting satiety. It's an ideal choice for anyone looking to lose weight, improve body composition, or eat more consciously.

# Why Choose a High-Protein Diet?

- 1. A higher protein intake promotes fat burning while helping maintain muscle mass.
- 2. Protein has the highest thermic effect of all macronutrients your body uses more energy to digest it.
- 3. Protein-rich meals keep you fuller for longer, naturally reducing hunger and cravings.
- 4. It helps stabilize blood sugar levels, minimizing energy crashes and sugar cravings.
- 5. Supports metabolism and recovery, especially for those with an active lifestyle.

# What's Included in the Plan?

- 1. A complete meal plan based on high-protein foods
- 2. Balanced meals for each day of the week
- 3. Easy, practical recipes
- 4. Clear hydration and (optional) supplement guidelines



# Who Is It For?

- 1.
- 2. People on a fat-loss or cutting phase
- 3. Physically active individuals
- 4. Anyone looking to improve metabolism and body composition
- 5. Those who want a simple, effective nutrition plan without overcomplication

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# Shopping list for the current day

#### Banana

1 x Piece - 120g

# Bee honey

1 x Teaspoon - 12g

# • Black pepper

3 x Pinch - 0.3g

# • Butter

1 x Teaspoon - 10g

# • Cabbage (nut)

100 x Gram - 100g

#### Carrot

1 x Piece - 50g

#### Cashew nuts

1 x Tablespoon - 12g

# • Cocoa 16% powder

1 x Tablespoon - 10g

# Curry

1 x Pinch - 0.1g

# • Eggs, Whole chicken eggs (M)

4 x Piece - 204g

#### Flaked almonds

2 x Tablespoon - 24g

# · Fresh mushroom

5 x Piece - 100g

#### • Lemon

2 x Slice - 20g

# • Long grain white rice (basmati)

50 x Gram - 50g

# · Millet groats

40 x Gram - 40g

# · Parsley, dried

1 x Pinch - 0.5g

# • Rye bread wholemeal

3 x Slice of bread - 90g

# Salmon fillet

1 x Portion - 200g

20 x Gram - 20g



- Salt, white
  - 3 x Pinch 0.3g
- Turmeric
  - 1 x Pinch 0.5g
- olive oil
  - 1 x Teaspoon 5g