



# **Instant Metamorphosis - 1600 kcal protein diet for 14 days**

## **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.

**Dietspremium | Instant Metamorphosis - 1600 kcal protein diet for 14 days**



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**

- **Banana**  
1 x Small piece - 80g
- **Black pepper**  
1 x Pinch - 0.1g
- **Boneless loins**  
200 x Gram - 200g
- **Buckwheat flour**  
2 x Tablespoon - 20g
- **Butterhead Lettuce**  
5 x Leaf - 25g
- **Carrot**  
2 x Piece - 100g
- **Cherry tomatoes**  
4 x Piece - 80g
- **Chicken breast ham**  
4 x Slice - 60g
- **Chives**  
1 x Tablespoon - 5g
- **Cucumber, greenhouse**  
1 x Piece - 180g  
10 x Slice - 20g
- **Eggs, Whole chicken eggs (M)**  
1 x Piece - 51g
- **Feta cheese**  
20 x Gram - 20g
- **Greek natural yogurt**  
5 x Tablespoon - 125g
- **Ground sweet pepper**  
2 x Pinch - 1g
- **Mayonnaise**  
1 x Teaspoon - 10g
- **Mozzarella cheese**  
1 x Slice - 15g
- **Potatoes**  
3 x Piece - 225g
- **Provencal herbs**  
2 x Pinch - 0.4g



- **Radish**  
2 x Piece - 30g
- **Raspberries**  
1 x Handfull - 70g
- **Red pepper**  
3 x Slice - 90g
- **Rye bread wholemeal**  
2 x Slice of bread - 60g
- **Salt, white**  
4 x Pinch - 0.4g
- **olive oil**  
1 x Teaspoon - 5g  
1 x Tablespoon - 10g