



Express Shape - 1600 kcal protein diet - 3 weeks of healthy weight loss

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**

- **Basil, fresh**
1 x Handfull - 3g
- **Bee honey**
1 x Teaspoon - 12g
- **Black pepper**
5 x Pinch - 0.5g
- **Carrot**
1 x Piece - 50g
- **Chunky tomatoes**
0.5 x Can - 200g
- **Coconut flakes**
1 x Teaspoon - 4g
- **Eggs, Whole chicken eggs (M)**
3 x Piece - 153g
- **Fresh mushroom**
5 x Piece - 100g
- **Garlic**
2 x Tooth - 10g
- **Ground turkey**
200 x Gram - 200g
- **Light cottage cheese**
1 x Package - 150g
- **Millet flakes**
15 x Gram - 15g
- **Onion**
1 x Small piece - 130g
1 x Piece - 170g
- **Potatoes**
1 x Piece - 75g
- **Provençal herbs**
1 x Teaspoon - 2g
- **Rye bread wholemeal**
1 x Slice of bread - 30g
- **Salt, white**
2 x Pinch - 0.2g
1 x Teaspoon - 5g
- **Sunflower oil**
2 x Tablespoon - 20g



- **Wheat flour, Type 450**
1 x Tablespoon - 12g
- **Wholemeal spaghetti pasta**
1 x Portion - 50g
- **olive oil**
1 x Teaspoon - 5g
2 x Tablespoon - 20g