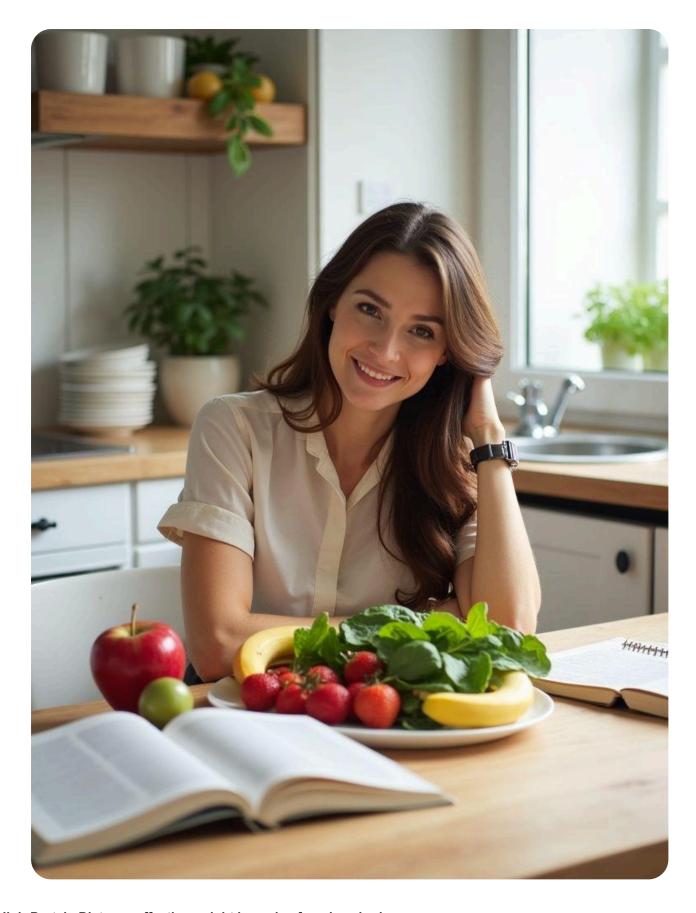


Express Shape - 1600 kcal protein diet - 3 weeks of healthy weight loss

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.



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

- · 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
- Provencal 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