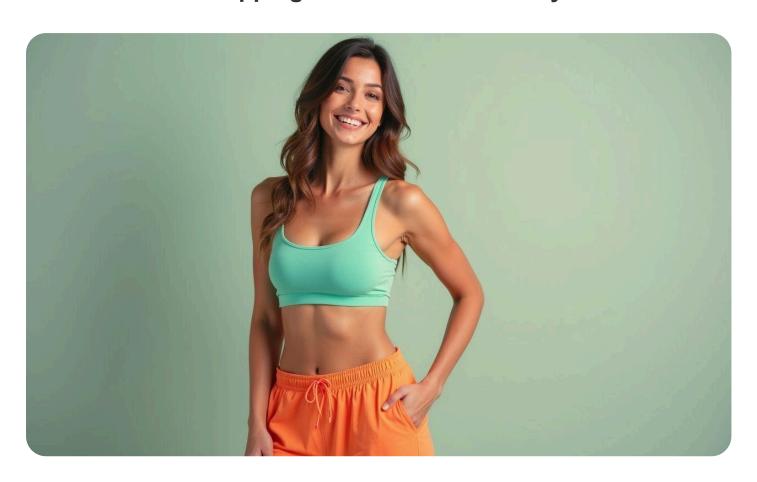


# 1800 kcal protein diet for a slim figure in 28 days Shopping list for the current day



# 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

# · Almonds, chopped

1 x Teaspoon - 5g

#### • Banana

1 x Small piece - 80g

# Boneless loins

200 x Gram - 200g

#### Carrot

1 x Piece - 50g

#### Chives

2 x Teaspoon - 4g

1 x Tablespoon - 5g

# · Cocoa 16% powder

1 x Teaspoon - 5g

#### Cucamber

1 x Piece - 35g

# · Cucumber, greenhouse

0.5 x Piece - 90g

# • Dark chocolate 90%

2 x Cube - 8g

# • Eggs, Whole chicken eggs (M)

3 x Piece - 153g

# · Greek natural yogurt

1 x Tablespoon - 25g

# • Ground sweet pepper

1 x Pinch - 0.5g

# · Light cottage cheese

1 x Package - 150g

# Oat flakes

4 x Tablespoon - 40g

#### Potatoes

3 x Piece - 225g

#### · Provencal herbs

1 x Pinch - 0.2g

# Radish

4 x Piece - 60g

# Red pepper

100 x Gram - 100g



- Rye bread wholemeal
  - 1 x Slice of bread 30g
- Salt, white
  - 1 x Pinch 0.1g
- Skyr Icelandic yogurt
  - 1 x Package 150g
- Strawberries
  - 1 x Portion 100g
- Walnuts, chopped
  - 1 x Teaspoon 5g
- · olive oil
  - 2 x Teaspoon 10g
  - 1 x Tablespoon 10g