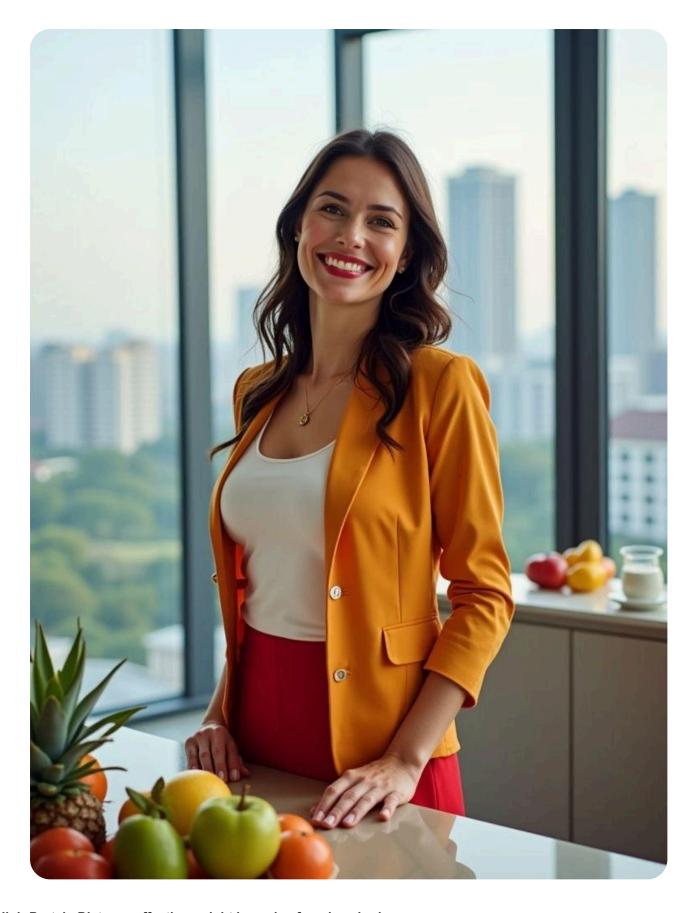


Reduction Pro - slimming diet 1600 kcal - healthy reduction in 28 days

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.



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.

1. - Pick your plan, start your journey, and feel lighter every day!

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Shopping list for the current day

Avocado

0.5 x Piece - 70g

Black pepper

5 x Pinch - 0.5g

• Butterhead Lettuce

4 x Leaf - 20g

Canned corn

2 x Tablespoon - 30g

Chives

2 x Teaspoon - 4g

1 x Tablespoon - 5g

· Cucumber, greenhouse

1 x Piece - 180g

• Eggs, Whole chicken eggs (M)

6 x Piece - 306g

· Fresh stream trout

2 x Portion - 200g

Greek natural yogurt

1 x Tablespoon - 25g

· Ground sweet pepper

1 x Teaspoon - 3g

• Lemon

2 x Slice - 20g

Mayonnaise

1 x Tablespoon - 25g

Potatoes

3 x Piece - 225g

Provencal herbs

2 x Teaspoon - 4g

Radish

6 x Piece - 90g

• Rye bread wholemeal

8 x Slice of bread - 240g

• Salt, white

5 x Pinch - 0.5g

· Thyme, dried

1 x Teaspoon - 2g



- Tomato
 - 1 x Piece 170g
- olive oil
 - 2 x Teaspoon 10g