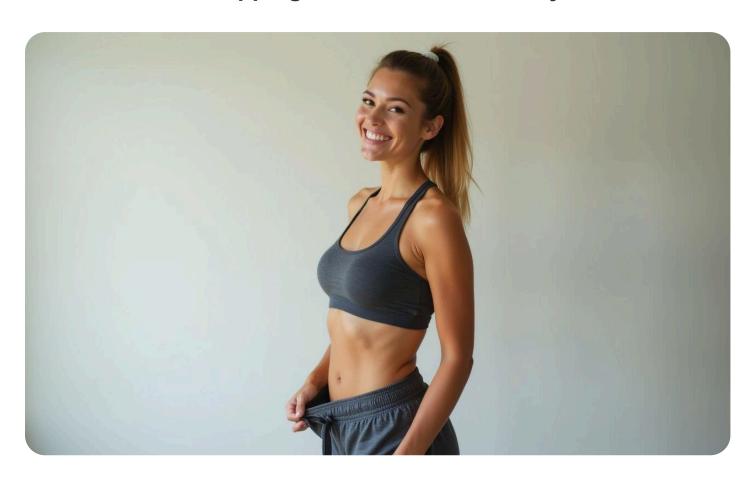


# 4-week 2000 kcal protein diet for a slim figure Shopping list for the current day



### 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



### Shopping list for the current day

#### Avocado

0.25 x Piece - 35g

#### • Banana

1 x Piece - 120g

## • Black pepper

2 x Pinch - 0.2g

### · Buckwheat groats

50 x Gram - 50g

#### · Chia seeds

2 x Tablespoon - 20g

### · Chicken breast ham

4 x Slice - 60g

#### Chives

2 x Teaspoon - 4g

# • Edible buttermilk, 0.5% fat

1 x Cup - 240g

## · Graham roll

1 x Piece - 75g

### · Green peppers

0.5 x Piece - 100g

## · Lemon juice

1 x Tablespoon - 6g

## · Mozzarella cheese

2 x Slice - 30g

#### • Onion

1 x Piece - 170g

## Pear

1 x Piece - 130g

### Raspberries

150 x Gram - 150g

## · Red pepper

2 x Slice - 60g

0.5 x Piece - 100g

## · Salt, white

2 x Pinch - 0.2g

## • Skyr - Icelandic yogurt

1 x Package - 150g



## • Soy sauce (light)

1 x Tablespoon - 10g

## • Trail mix

1 x Handfull - 40g

# • Turkey breast meat, without skin

3 x Portion - 300g

# • Vegetables in a pan with broccoli

1 x Portion - 100g

## Wheat bran

4 x Tablespoon - 28g

### · olive oil

2 x Tablespoon - 20g