



4-week 2200 kcal protein diet for your dream 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**

- **Banana**
1 x Piece - 120g
- **Bee honey**
1 x Teaspoon - 12g
- **Black pepper**
2 x Pinch - 0.2g
- **Buckwheat groats**
50 x Gram - 50g
- **Coconut flakes**
2 x Teaspoon - 8g
- **Cow's milk 3.2%**
1 x Cup - 240ml
- **Grapes**
6 x Piece - 60g
- **Greek natural yogurt**
1 x Package - 150g
- **Green peppers**
0.5 x Piece - 100g
- **Kiwi**
1 x Piece - 75g
- **Loquat cheese, homogenised, full-fat**
1 x Tablespoon - 30g
- **Low-sweetened cherry jam**
2 x Teaspoon - 30g
- **Mustard**
1 x Teaspoon - 10g
- **Onion**
1 x Piece - 170g
- **Pineapple slices in syrup**
1 x Slice - 15g
- **Pork ham, cooked**
2 x Slice - 40g
- **Red pepper**
0.5 x Piece - 100g
- **Rye bread wholemeal**
2 x Slice of bread - 60g
- **Salt, white**



2 x Pinch - 0.2g

- **Skyr - Icelandic yogurt**

1 x Package - 150g

- **Soy sauce (light)**

2 x Tablespoon - 20g

- **Spelt flakes**

2 x Tablespoon - 20g

- **Trail mix**

1 x Handfull - 40g

- **Turkey breast meat, without skin**

3 x Portion - 300g

- **Vegetables in a pan with broccoli**

2 x Portion - 200g

- **olive oil**

2 x Tablespoon - 20g