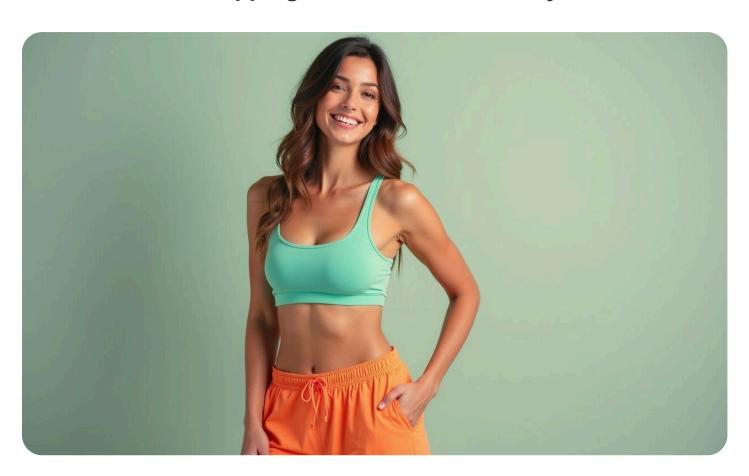


1800 kcal protein diet for a slim figure in 28 days Shopping list for the current day



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



Shopping list for the current day

Apple

50 x Gram - 50g

Bee honey

1 x Teaspoon - 12g

• Black pepper

2 x Pinch - 0.2g

· Chicken breast ham

4 x Slice - 60g

Chives

2 x Teaspoon - 4g

• Cinamon

1 x Pinch - 0.1g

Coconut flakes

2 x Teaspoon - 8g

• Cow's milk 3.2%

100 x Mililiter - 100ml

• Fresh mushroom

3 x Piece - 60g

Graham roll

1 x Piece - 75g

Grapes

50 x Gram - 50g

· Greek natural yogurt

1 x Package - 150g

• Green peppers

0.5 x Piece - 100g

· Lemon juice

1 x Teaspoon - 3g

· Long grain white rice (basmati)

50 x Gram - 50g

Mozzarella cheese

2 x Slice - 30g

Oat flakes

3 x Tablespoon - 30g

Orange juice

60 x Mililiter - 60ml

· Pineapple slices in syrup



- 2 x Slice 30g
- · Pork tenderloin, raw

2 x Portion - 200g

- Provencal herbs
 - 1 x Teaspoon 2g
- Red pepper
 - 0.5 x Piece 100g
 - 2 x Slice 60g
- · Salt, white
 - 2 x Pinch 0.2g
- Skyr Icelandic yogurt

1 x Package - 150g

- Zucchini
 - 0.5 x Small piece 225g
- · olive oil
 - 1 x Tablespoon 10g