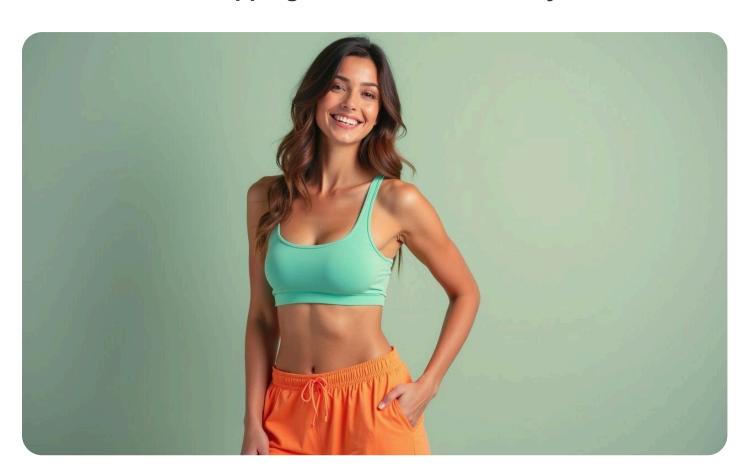


# 1800 kcal protein diet for a slim figure in 28 days Shopping list for the current day



#### 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

## · Almonds, chopped

1 x Teaspoon - 5g

#### • Banana

1 x Piece - 120g

## • Black pepper

2 x Pinch - 0.2g

#### Boneless loins

300 x Gram - 300g

#### Cinamon

4 x Pinch - 0.4g

## • Eggs, Whole chicken eggs (M)

2 x Piece - 102g

#### · Flaked almonds

1 x Tablespoon - 12g

#### Green peppers

0.5 x Piece - 100g

## · Light cottage cheese

1 x Package - 150g

#### · Oat flakes

4 x Tablespoon - 40g

#### Onion

1 x Piece - 170g

#### Red pepper

0.5 x Piece - 100g

#### · Rice flour

3 x Tablespoon - 30g

## • Salt, white

2 x Pinch - 0.2g

#### · Skyr - Icelandic yogurt

1 x Package - 150g

## · Soy sauce (light)

1 x Tablespoon - 10g

# Strawberries

1 x Portion - 100g

## · Walnuts, chopped

1 x Teaspoon - 5g

#### • Zucchini



- 1 x Piece 600g
- olive oil
  - 1 x Tablespoon 10g
  - 1 x Teaspoon 5g