



Protein Power 4 - 2200 kcal protein diet - 4 weeks of energy and reduction

Shopping list for the current day

Name	Weight of the product	
Alfalfa sprouts	1 x Tablespoon - 8g	☐
Banana	1 x Piece - 120g	☐
Black pepper	3 x Pinch - 0.3g	☐
Boneless loins	200 x Gram - 200g	☐
Butter	2 x Teaspoon - 20g	☐
Butterhead Lettuce	2 x Leaf - 10g	☐
Chicken breast ham	3 x Slice - 45g	☐
Chives	1 x Teaspoon - 2g	☐
Cinamon	3 x Pinch - 0.3g	☐
Coconut flakes	1 x Tablespoon - 6g	☐
Cucumber	1 x Portion - 35g	☐
Flaked almonds	2 x Tablespoon - 24g	☐
Greek natural yogurt	1 x Package - 150g	☐
Green peppers	0.5 x Piece - 100g	☐
Lemon juice	1 x Teaspoon - 3g	☐
Light cottage cheese	1 x Package - 150g	☐
Mozzarella cheese	4 x Slice - 60g	☐
Oat flakes (mountain, instant)	50 x Gram - 50g	☐
Onion	1 x Piece - 170g	☐
Red pepper	0.5 x Piece - 100g	☐
Rye bread wholemeal	2 x Portion - 60g	☐



Salt, white	3 x Pinch - 0.3g	☐
Skyr - Icelandic yogurt	2 x Tablespoon - 50g	☐
Soy sauce (light)	1 x Tablespoon - 10g	☐
Walnut	3 x Piece - 12g	☐
Zucchini	1 x Piece - 600g	☐
olive oil	1 x Tablespoon - 10g	☐