



Slim & Fit - 1600 kcal weight loss diet - real results in 4 weeks

Shopping list for the current day

Name	Weight of the product	
Banana	1 x Small piece - 80g	☐
Basil, fresh	3 x Leaf - 0.3g	☐
Beef steak	3 x Portion - 210g	☐
Black pepper	2 x Pinch - 0.2g	☐
Butter	0.5 x Teaspoon - 5g	☐
Butterhead Lettuce	0.5 x Piece - 105g	☐
Chili peppers	1 x Piece - 20g	☐
Chives	2 x Teaspoon - 4g	☐
Green peppers	0.5 x Piece - 100g	☐
Linseed oil	1 x Teaspoon - 5ml	☐
Onion	1.5 x Piece - 255g	☐
Parsley	2 x Teaspoon - 2g	☐
Pickled cucumber	2 x Piece - 70g	☐
Pork ham, cooked	3 x Slice - 60g	☐
Potatoes	3 x Piece - 225g	☐
Red onion	1 x Small piece - 60g	☐
Red pepper	1.5 x Piece - 300g	☐
Rye bread wholemeal	2 x Slice of bread - 60g	☐
Salt, white	2 x Pinch - 0.2g	☐
Sherry vinegar	1 x Teaspoon - 5g	☐
Tabasco	1 x Teaspoon - 5g	☐
Tomato Juice	1 x Cup - 200g	☐



olive oil	2 x Teaspoon - 10g	☐
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