



Dream Shape - 1800 kcal weight loss diet - 4 weeks of lasting change

Shopping list for the current day

Name	Weight of the product	
Apple	0.5 x Piece - 90g	☐
Baking powder	0.5 x Teaspoon - 2g	☐
Banana	1 x Piece - 120g	☐
Black pepper	2 x Pinch - 0.2g	☐
Cinamon	2 x Pinch - 0.2g	☐
Coconut flakes	1 x Tablespoon - 6g	☐
Cow's milk 3.2%	3 x Tablespoon - 30ml	☐
Eggs, Whole chicken eggs (M)	1 x Piece - 51g	☐
Fresh oregano	1 x Handfull - 3g	☐
Fresh rosemary	1 x Gram - 1g	☐
Greek natural yogurt	1 x Package - 150g	☐
Ground sweet pepper	1 x Teaspoon - 3g	☐
Leek	0.5 x Piece - 70g	☐
Lemon juice	3 x Teaspoon - 9g	☐
Light cottage cheese	1 x Package - 150g	☐
Loquat cheese, homogenised, full-fat	2 x Tablespoon - 60g	☐
Oat flakes (mountain, instant)	50 x Gram - 50g	☐
Parsley, leaves	1 x Teaspoon - 3g	☐
Radish	1 x Bunch - 115g	☐
Salt, white	2 x Pinch - 0.2g	☐
Thyme, fresh	1 x Teaspoon - 4g	☐



Tomato	1 x Piece - 170g	☐
Tomato Concentrate 30%	2 x Tablespoon - 50g	☐
Trail mix	1 x Portion - 40g	☐
Vanilla, pod pulp	1 x Piece - 2g	☐
Walnut	7 x Piece - 28g	☐
Whole wheat flour	1 x Tablespoon - 15g	☐
Wholemeal spaghetti pasta	100 x Gram - 100g	☐
olive oil	1 x Tablespoon - 10g	☐