



Slim Plan 28 - 2000 kcal reduction diet - 28-day weight loss plan

Shopping list for the current day

Name	Weight of the product	
Banana	1 x Piece - 120g	☐
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	2 x Piece - 340g	☐
Parsley	2 x Teaspoon - 2g	☐
Pickled cucumber	2 x Piece - 70g	☐
Pork ham, cooked	3 x Slice - 60g	☐
Potatoes	4 x Piece - 300g	☐
Red onion	1 x Small piece - 60g	☐
Red pepper	0.5 x Piece - 100g	☐
Rye bread wholemeal	3 x Slice of bread - 90g	☐
Salt, white	2 x Pinch - 0.2g	☐
Sherry vinegar	1 x Teaspoon - 5g	☐
Tabasco	1 x Teaspoon - 5g	☐



Tomato	1 x Piece - 170g	☐
Tomato Juice	1 x Cup - 200g	☐
olive oil	2 x Teaspoon - 10g	☐