



Fit Figura - 1400 kcal slimming diet - healthy results in 4 weeks

Shopping list for the current day

Name	Weight of the product	
Bee honey	1 x Teaspoon - 12g	☐
Black pepper	1 x Pinch - 0.1g	☐
Chives	1 x Teaspoon - 2g	☐
Cinamon	3 x Pinch - 0.3g	☐
Cod, fresh, fillets without skin	1 x Portion - 100g	☐
Cow's milk 3.2%	150 x Mililiter - 150ml	☐
Eggplant	100 x Gram - 100g	☐
Eggs, Whole chicken eggs (M)	1 x Piece - 51g	☐
Fresh mushroom	50 x Gram - 50g	☐
Garlic	2 x Tooth - 10g	☐
Graham roll	1 x Piece - 75g	☐
Lemon juice	2 x Teaspoon - 6g	☐
Light cottage cheese	60 x Gram - 60g	☐
Loquat cheese, homogenised, full-fat	125 x Gram - 125g	☐
Low-sweetened strawberry jam	2 x Teaspoon - 30g	☐
Onion	1 x Small piece - 130g 0.5 x Piece - 85g	☐
Parmesan cheese, grated	1 x Tablespoon - 8g	☐
Parsley, leaves	1 x Teaspoon - 3g	☐
Pear	0.5 x Piece - 65g	☐
Raspberries	40 x Gram - 40g 1 x Handfull - 70g	☐
Red pepper	1 x Piece - 200g	☐



Redcurrants	1 x Handfull - 45g	☐
Rye bread wholemeal	1 x Slice of bread - 30g	☐
Salt, white	1 x Pinch - 0.1g	☐
Strawberries	40 x Gram - 40g	☐
Tomato	1 x Piece - 170g	☐
Tomato Concentrate 30%	1 x Teaspoon - 15g	☐
Vanilla, pod pulp	2 x Piece - 4g	☐
Wheat starch	1 x Tablespoon - 10g	☐
olive oil	1.5 x Teaspoon - 7.5g	☐