



Protein Fit - 1400 kcal protein diet - 4 weeks of weight loss step by step

Shopping list for the current day

Name	Weight of the product	
Bee honey	1 x Teaspoon - 12g	☐
Black pepper	4 x Pinch - 0.4g	☐
Butterhead Lettuce	10 x Leaf - 50g	☐
Chives	1 x Teaspoon - 2g	☐
Coconut flakes	2 x Teaspoon - 8g	☐
Cow's milk 3.2%	100 x Mililiter - 100ml	☐
Feta cheese	20 x Gram - 20g	☐
Fresh mushroom	3 x Piece - 60g	☐
Graham roll	1 x Piece - 75g	☐
Greek natural yogurt	2 x Tablespoon - 50g	☐
Green peppers	0.5 x Piece - 100g	☐
Long grain white rice (basmati)	40 x Gram - 40g	☐
Loquat cheese, homogenised, full-fat	50 x Gram - 50g	☐
Low-sweetened cherry jam	1 x Teaspoon - 15g	☐
Mayonnaise	1 x Teaspoon - 10g	☐
Parsley, leaves	1 x Teaspoon - 3g	☐
Pineapple slices in syrup	1 x Slice - 15g	☐
Pork tenderloin, raw	1 x Portion - 100g	☐
Provencal herbs	1 x Pinch - 0.2g 1 x Teaspoon - 2g	☐
Radish	4 x Piece - 60g	☐
Red pepper	0.5 x Piece - 100g	☐



Rye bread wholemeal	2 x Slice of bread - 60g	☐
Salt, white	4 x Pinch - 0.4g	☐
Skyr - Icelandic yogurt	1 x Package - 150g	☐
Zucchini	0.5 x Small piece - 225g	☐
olive oil	1 x Tablespoon - 10g	☐