



Sven's Plan - 1500 kcal diet - 4 weeks of healthy weight loss

Shopping list for the current day

Name	Weight of the product	
Black pepper	3 x Pinch - 0.3g	☐
Carrot	50 x Gram - 50g	☐
Cherries	1 x Handfull - 70g	☐
Cherry tomatoes	200 x Gram - 200g	☐
Chicken leg	2 x Piece - 180g	☐
Chives	1 x Teaspoon - 2g	☐
Cinamon	1 x Pinch - 0.1g	☐
Eggs, Whole chicken eggs (M)	1 x Piece - 51g	☐
Fresh mushroom	125 x Gram - 125g	☐
Garlic	4 x Tooth - 20g	☐
Graham roll	1 x Piece - 75g	☐
Greek natural yogurt	1 x Package - 150g	☐
Ground sweet pepper	1.5 x Teaspoon - 4.5g	☐
Mustard	1 x Teaspoon - 10g	☐
Onion	1 x Piece - 170g	☐
Orange	1 x Piece - 240g	☐
Parsley, leaves	1 x Teaspoon - 3g	☐
Pickled cucumber	1 x Piece - 35g	☐
Plum jam	1 x Teaspoon - 15g	☐
Red onion	1 x Piece - 80g	☐
Salt, white	2 x Pinch - 0.2g 1 x Teaspoon - 5g	☐
Sherry vinegar	1 x Teaspoon - 5g	☐



Tomato	1 x Piece - 170g	☐
Vanilla, pod pulp	1 x Piece - 2g	☐
Whole grain pasta	1 x Handfull - 50g	☐
olive oil	2.5 x Teaspoon - 12.5g	☐