



Power Protein - high-protein slimming diet 1500 kcal - 4 weeks of energy and reduction

Shopping list for the current day

Name	Weight of the product	
Avocado	0.5 x Piece - 70g	☐
Banana	1 x Piece - 120g	☐
Black pepper	2 x Pinch - 0.2g	☐
Buckwheat groats	50 x Gram - 50g	☐
Chia seeds	1 x Teaspoon - 5g	☐
Chicken breast ham	2 x Slice - 30g	☐
Chives	2 x Teaspoon - 4g	☐
Edible buttermilk, 0.5% fat	1 x Cup - 240g	☐
Graham roll	1 x Piece - 75g	☐
Green peppers	0.5 x Piece - 100g	☐
Lemon juice	1 x Tablespoon - 6g	☐
Mozzarella cheese	2 x Slice - 30g	☐
Onion	1 x Piece - 170g	☐
Pear	1 x Piece - 130g	☐
Raspberries	1 x Handfull - 70g	☐
Red pepper	2 x Slice - 60g 0.5 x Piece - 100g	☐
Salt, white	2 x Pinch - 0.2g	☐
Skyr - Icelandic yogurt	1 x Package - 150g	☐
Soy sauce (light)	1 x Tablespoon - 10g	☐
Turkey breast meat, without skin	2 x Portion - 200g	☐
Vegetables in a pan with broccoli	1 x Portion - 100g	☐



Wheat bran	1 x Tablespoon - 7g	☐
olive oil	1 x Teaspoon - 5g	☐