



Revolution Week - 1600 kcal fast protein diet - 7 days of weight loss

Shopping list for the current day

Name	Weight of the product	
Banana	1 x Piece - 120g	☐
Bee honey	1 x Teaspoon - 12g	☐
Black pepper	3 x Pinch - 0.3g	☐
Butter	1 x Teaspoon - 10g	☐
Cabbage (nut)	100 x Gram - 100g	☐
Carrot	1 x Piece - 50g	☐
Cashew nuts	1 x Tablespoon - 12g	☐
Cocoa 16% powder	1 x Tablespoon - 10g	☐
Curry	1 x Pinch - 0.1g	☐
Eggs, Whole chicken eggs (M)	4 x Piece - 204g	☐
Flaked almonds	2 x Tablespoon - 24g	☐
Fresh mushroom	5 x Piece - 100g	☐
Lemon	2 x Slice - 20g	☐
Long grain white rice (basmati)	50 x Gram - 50g	☐
Millet groats	40 x Gram - 40g	☐
Parsley, dried	1 x Pinch - 0.5g	☐
Rye bread wholemeal	3 x Slice of bread - 90g	☐
Salmon fillet	1 x Portion - 200g 20 x Gram - 20g	☐
Salt, white	3 x Pinch - 0.3g	☐
Turmeric	1 x Pinch - 0.5g	☐
olive oil	1 x Teaspoon - 5g	☐