



Instant Metamorphosis - 1600 kcal protein diet for 14 days

Shopping list for the current day

Name	Weight of the product	
Butterhead Lettuce	9 x Leaf - 45g	☐
Chicken breast fillet	3 x Portion - 300g	☐
Cinamon	2 x Pinch - 0.2g	☐
Coconut flakes	1 x Teaspoon - 4g	☐
Curry	3 x Pinch - 0.3g	☐
Dried oregano	3 x Pinch - 0.3g	☐
Flaked almonds	1 x Teaspoon - 6g	☐
Granulated garlic	0.6 x Teaspoon - 3g 1 x Pinch - 0.1g	☐
Ground sweet pepper	3 x Pinch - 1.5g	☐
Himalayan salt	3 x Pinch - 0.3g	☐
Light cottage cheese	1 x Package - 150g	☐
Mango	0.5 x Piece - 140g	☐
Mozzarella cheese	3 x Slice - 45g	☐
Pineapples	2 x Slice - 160g	☐
Red pepper	0.9 x Piece - 180g	☐
Skyr - Icelandic yogurt	3 x Tablespoon - 75g 1 x Package - 150g	☐
Whole wheat tortilla	3 x Piece - 186g	☐
olive oil	2 x Teaspoon - 10g	☐