



Express Shape - 1600 kcal protein diet - 3 weeks of healthy 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	2 x Pinch - 0.2g	☐
Buckwheat groats	50 x Gram - 50g	☐
Coconut flakes	2 x Teaspoon - 8g	☐
Cow's milk 3.2%	100 x Mililiter - 100ml	☐
Grapes	6 x Piece - 60g	☐
Greek natural yogurt	1 x Package - 150g	☐
Green peppers	0.5 x Piece - 100g	☐
Kiwi	1 x Piece - 75g	☐
Loquat cheese, homogenised, full-fat	1 x Teaspoon - 15g	☐
Low-sweetened cherry jam	1 x Teaspoon - 15g	☐
Mustard	1 x Teaspoon - 10g	☐
Onion	1 x Piece - 170g	☐
Pineapple slices in syrup	2 x Slice - 30g	☐
Pork ham, cooked	1 x Slice - 20g	☐
Red pepper	0.5 x Piece - 100g	☐
Rye bread wholemeal	2 x Slice of bread - 60g	☐
Salt, white	2 x Pinch - 0.2g	☐
Skyr - Icelandic yogurt	1 x Package - 150g	☐
Soy sauce (light)	2 x Tablespoon - 20g	☐



Spelt flakes	1 x Tablespoon - 10g	☐
Turkey breast meat, without skin	2 x Portion - 200g	☐
Vegetables in a pan with broccoli	1 x Portion - 100g	☐
olive oil	1 x Tablespoon - 10g	☐