

## Sample Diet Plan (Veg)



Total Calories: 1497.6 kcal

## Total Macros

Protein: 95.4g

Carbs: 142.7g

Fats: 68.1g



## Breakfast

**Coffee black no sugar**

Quantity: 100g | Cal: 1.0 kcal

P: 0.1g C: 0.0g F: 0.0g

**Butter**

Quantity: 5g | Cal: 36.0 kcal

P: 0.0g C: 0.0g F: 4.0g

**Paneer home style cheese**

Quantity: 120g | Cal: 385.2 kcal

P: 25.7g C: 4.3g F: 34.2g

**Olive oil**

Quantity: 5g | Cal: 45.0 kcal

P: 0.0g C: 0.0g F: 5.0g

**Whey Protein**

Quantity: 1 scoop | Cal: 130.0 kcal

P: 25.0g C: 3.0g F: 2.0g

**Curd (dahi)**

Quantity: 120g | Cal: 74.4 kcal

P: 4.8g C: 5.3g F: 3.7g

**Tofu raw**

Quantity: 150g | Cal: 117.0 kcal

P: 13.6g C: 4.3g F: 6.3g

**Olive oil**

Quantity: 5g | Cal: 45.0 kcal

P: 0.0g C: 0.0g F: 5.0g

**Bread**

Quantity: 2 slice | Cal: 136.4 kcal

P: 4.5g C: 26.0g F: 1.6g

**Cheese slice by amul**

Quantity: 1 slice | Cal: 70.0 kcal

P: 4.0g C: 0.0g F: 5.0g



## Lunch

**Rice dry uncooked**

Quantity: 40g | Cal: 142.8 kcal

P: 5.9g C: 30.0g F: 0.4g

**Mixed frozen vegetables**

Quantity: 100g | Cal: 60.0 kcal

P: 2.9g C: 13.1g F: 0.1g



## Snacks

**Apples with skin, Raw**

Quantity: 100g | Cal: 52.0 kcal

P: 0.3g C: 13.8g F: 0.2g



## Dinner

**Rice dry uncooked**

Quantity: 40g | Cal: 142.8 kcal

P: 5.9g C: 30.0g F: 0.4g

**Mixed frozen vegetables**

Quantity: 100g | Cal: 60.0 kcal

P: 2.9g C: 13.1g F: 0.1g



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**O. Ray Whittington**

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Shopper's Guide to GI Values Jennie Brand-Miller, Kaye Foster-Powell, 2014-12-30 Diet trends come and go but eating according to the glycemic index to avoid blood sugar spikes is a consistent scientifically proven way to manage your health through your eating habits. The Low GI Shopper's Guide to GI Values 2015 makes it easier than ever. This go-to reference has everything you need to know to use the glycemic index whether you are trying to lose weight or manage a chronic condition like diabetes. The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet. The 2015 edition of the Shopper's Guide also offers nutritional data for more than 1 200 popular foods definitive at a glance tables arranged by food category tips for maintaining a gluten free low GI diet facts about sugar and sweeteners and shopping lists and tips for everyday meals and dining out

## **Practical Guide to Obesity Medicine**

Jolanta Weaver, 2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver. Ideal for any health care professional who cares for patients with a weight problem. This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine. Features a wealth of information on obesity including hormones and weight problems co-morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more. Discusses pharmacotherapies and surgical approaches to obesity. Consolidates today's available information and guidance in this timely area into one convenient resource

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**The Complete Idiot's Guide to Losing Weight** Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off

*Cassell's household guide* Cassell, ltd,1873

Diet & Exercise Guide Mary Milo,1972

**American Dietetic**

**Association Complete Food And Nutrition Guide, Rev Updated 4e** Roberta Larson Duyff,2012-02-03 The new edition of the ADA s flagship food and nutrition guide updated based on the very latest Dietary Guidelines for Americans With over 200 000 copies sold in all editions this award winning resource from the world s leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life In this completely revised and updated new edition you ll find up to date evidence based practical answers for your many food and nutrition questions This cornerstone guide from the American Dietetic Association written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff covers the basics on nutrition managing weight and healthy eating It also provides easy steps and how tos for selecting preparing and storing foods safely to get the most nutrition and flavor for your dollar and more Comprehensive accessible and easy to use this valuable reference shows how to make healthy food choices to fit any lifestyle How to put the the very latest Dietary Guidelines for Americans on food choices and physical activity into action Latest guidance to prevent and manage today s health concerns such as heart disease diabetes cancer food allergies gluten intolerance lactose intolerance and many others Simple practical tips and flexible food and nutrition skills that suit your needs and lifestyle with ways to apply advice from USDA s MyPlate Advice for healthy nutrition eating and cooking across the lifespan Covers vegetarian eating healthy restaurant options culinary nutrition and skills healthy weight nutrition supplements and more Interactive self checks and websites to help you assess your own food choices and take steps to healthy eating

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