

## 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



# Weight Loss Plan Latest Tutorial

**Y Pai**

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**Weight Loss Guide** Mary Williams,2014-05-18 Drop those pounds in a few days get fit and become healthier with a complete on how to lose pounds Don't get caught up in the latest diet fad use practical methods on eating the right way the best exercise and a whole range of helpful tips that will guide you on your diet and weight loss journey Obesity and being overweight is crushing to your self esteem become the new you by using these simple steps to motivate yourself and get out of the blocks with a bang and make sure that you are on a sustainable diet plan to lose pounds and look the way you should You are what you eat and if you eat a lot of fat then you are going to end up being fat So burn those pounds without spending months in the gym and follow these simple guidelines in this book as a practical and sustainable way of losing unwanted fat

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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 The New York Times Practical Guide to Practically Everything Amy D. Bernstein,Peter W. Bernstein,2006-10-17 A collection of information on aspects of daily life and a variety of popular topics such as the home health animals nature sports and entertainment **The New Harvard Guide to Women's Health** Karen J. Carlson,Stephanie A. Eisenstat,Terra Diane Ziporyn,2004-04-30 With complete information on women s health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers **Diet & Exercise Guide** Mary Milo,1972 *The Woman's Day Guide to Lasting Weight Loss* Kathy Keenan Isoldi,2007 TV Guide,2002 **Ontario Library Review and Book Selection Guide** ,1926 **Medico-pharmaceutical Critic and Guide** William Josephus Robinson,1904 **The Medico-pharmaceutical Critic and Guide** ,1904 *Guide for a Health Program* Jessie I. Lummis,Williedell Schawe,1929 Country Guide and Nor'west Farmer ,1928 A new practical, descriptive and pictorial guide to Dublin and the Wicklow tours Ward, Lock and co, ltd,1899 Real Estate Record and Builders' Guide ,1890 Readers' Guide to Periodical Literature Anna Lorraine Guthrie,1929 An author subject index to selected general interest periodicals of reference value in libraries *Guide to the Diseases of Infancy* Walther Birk,1916 **The Medical Critic and Guide** William Josephus Robinson,1919 **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007

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