

Sample Diet Plan (Veg)



Total Calories: 1497.6 kcl

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



Bread

Quantity: 2 slice | Cal: 136.4 kcal

● P: 4.5g ● C: 26.0g ● F: 1.6g



Butter

Quantity: 5g | Cal: 36.0 kcal

● P: 0.0g ● C: 0.0g ● F: 4.0g



Cheese slice by amul

Quantity: 1 slice | Cal: 70.0 kcal

● P: 4.0g ● C: 0.0g ● F: 5.0g



Lunch

Paneer home style cheese

Quantity: 120g | Cal: 385.2 kcal

● P: 25.7g ● C: 4.3g ● F: 34.2g



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal

● P: 5.9g ● C: 30.0g ● F: 0.4g



Olive oil

Quantity: 5g | Cal: 45.0 kcal

● P: 0.0g ● C: 0.0g ● F: 5.0g



Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcal

● P: 2.9g ● C: 13.1g ● F: 0.1g



Snacks

Whey Protein

Quantity: 1 scoop | Cal: 130.0 kcal

● P: 25.0g ● C: 3.0g ● F: 2.0g



Apples with skin, Raw

Quantity: 100g | Cal: 52.0 kcal

● P: 0.3g ● C: 13.8g ● F: 0.2g



Curd (dahi)

Quantity: 120g | Cal: 74.4 kcal

● P: 4.8g ● C: 5.3g ● F: 3.7g



Dinner

Tofu raw

Quantity: 150g | Cal: 117.0 kcal

● P: 13.6g ● C: 4.3g ● F: 6.3g



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal

● P: 5.9g ● C: 30.0g ● F: 0.4g



Olive oil

Quantity: 5g | Cal: 45.0 kcal

● P: 0.0g ● C: 0.0g ● F: 5.0g



Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcal

● P: 2.9g ● C: 13.1g ● F: 0.1g



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SJ Ball



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Country Guide and Nor'west Farmer, 1928 *Health Through Diet* Kenneth George Haig, 1913 **A Guide to the Special and Test Diets in Use at the University Hospital, Ann Arbor, Michigan** Mark Marshall, 1911 *Platers' Guide*, 1909

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web a concise illustrated study of the uniforms of the volunteer militias of the us civil war uniformed volunteer units were raised by individuals usually from an

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web american militia saw action in the various indian wars the war of 1812 the american civil war and the spanish american war sometimes militia units were found to be unprepared ill supplied and unwilling

military volunteer wikipedia - Dec 27 2021

web a military volunteer or war volunteer is a person who enlists in military service by free will and is not a conscript mercenary or a foreign legionnaire volunteers sometimes enlist to fight in the armed forces of a foreign country for example during the spanish civil war

volunteer military wikipedia - Jan 28 2022

web a volunteer military system or all volunteer military system avms is a military service system that maintains the military only with applicants without compulsory conscription a country may offer attractive pay and benefits through military recruitment to attract potential recruits many countries with volunteer militaries reserve the right to renew conscription

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web description uniformed volunteer units were raised by individuals usually from an area s social élite who had enough spare money and time to spend on such enthusiasms they voted on their unit designation their officers and non commissioned officers their unit rules and their uniform

militia united states wikipedia - Feb 26 2022

web many states let their unorganized militia lapse in favor of volunteer militia units such as city guards who carried on in

functions such as assisting local law enforcement providing troops for ceremonies and parades