

## 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 Prices Returns

**Guillaume Favre**

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web wado ryu wadō ryū は道流 is one of the four major karate styles and was founded by hironori otsuka 1892 1982 the style itself is individual in its emphasis on not just striking but tai sabaki joint locks and throws the name wadō ryū has three parts wa dō and ryū

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web the wado ryu karate do academy is open to all practitioners of wado ryu karate who wish to follow the true teachings of the founder of wado ryu karate do grandmaster hironori otsuka i the wado academy is headed by his son grandmaster hironori otsuka ii and the chief instructor is m shiomitsu 9th dan hanshi

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web what is wado ryu karate all instructors are qualified and accredited level 1 coaches through the australian sports commission asc all black belt grading is registered with the international federation of wado ryu karate do organisation tokyo japan all instructors hold a current working with

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web the four major karate styles developed in japan especially in okinawa are shotokan wado ryu shito ryu and goju ryu many other styles of karate are derived from these four the first three of these styles find their origins in the shorin ryu style from shuri okinawa while goju ryu finds its origins in naha

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web nov 1 2023 in karate wado ryu is translated as way of harmony or peace its distinctive feature is that it focuses especially on the promotion of harmony what fascinates me about this karate style is its principles such as maai tai sabaki etc and some body movements for self defense

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web sep 4 2022 wado ryu karate punches zuki tsuki punch empi elbow strike gyakuzuki reverse punch haishu back hand haito ridge hand hitosashi ipponken knuckle strike 2nd knuckle of index finger ippou nukite one finger spear hand junzuki forward punch koken uchi wrist strike with the back of

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web the name wadō ryū has three parts wa dō and ryū wa means harmony dō same character as tao means way and ryū means school or style harmony should not be interpreted as pacifism it is simply the acknowledgment that yielding is sometimes more effective than brute strength

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web feb 17 2021 wado ryu karate do one of the four major styles of traditional karate wado ryu boasts a rich history of its own and has evolved as a unique style of budo it incorporates a mix of ju jutsu and elements of ken jutsu and okinawan karate distinguishing itself from other karate styles

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web in 1951 Ōtsuka awarded tatsuo suzukithe rank of 5th dan the highest rank awarded in wadō ryū at that time in 1952 the wadō ryū headquarters honbu was established at the meiji universitydojo in tokyo in 1954 its name was changed to zen nippon karate renmei all japan karate federation

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web history of wado ryu karate do a martial art born from the essence of jujitsu karate and kenjutsu history and timeline of

the development of wado ryu karate do 1300 karate takes it s early origins from the ryukyu islands now called okinawa japan  
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*wado ryu mountainside martial arts center* - May 05 2022

web wado ryu means the style of peace and harmony the style believes more in yielding instead of using sheer brute force against the opponent it is a style for self defense wado ryu isn t strictly an art of karate instead it comprises of shindo yoshin ryu jujutsu and modern day karate techniques