

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 How To Tutorial

Brendan G. Carr

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nutrition status and how diet therapy can promote recovery **Encyclopedia of Diet Fads** Marjolijn Bijlefeld,Sharon K. Zoumbaris,2003 Contains alphabetically arranged entries that describe various weight loss means and methods including specific diets support groups or services and people who have influenced the way Americans eat and includes an introductory essay that traces the history of weight loss plans Journal of the American Dietetic Association ,1991 **PC Magazine**

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