

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 kcl

● P: 0.1g ● C: 0.0g ● F: 0.0g



Bread

Quantity: 2 slice | Cal: 136.4 kcl

● P: 4.5g ● C: 26.0g ● F: 1.6g



Butter

Quantity: 5g | Cal: 36.0 kcl

● P: 0.0g ● C: 0.0g ● F: 4.0g



Cheese slice by amul

Quantity: 1 slice | Cal: 70.0 kcl

● P: 4.0g ● C: 0.0g ● F: 5.0g



Lunch

Paneer home style cheese

Quantity: 120g | Cal: 385.2 kcl

● P: 25.7g ● C: 4.3g ● F: 34.2g



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcl

● P: 5.9g ● C: 30.0g ● F: 0.4g



Olive oil

Quantity: 5g | Cal: 45.0 kcl

● P: 0.0g ● C: 0.0g ● F: 5.0g



Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcl

● P: 2.9g ● C: 13.1g ● F: 0.1g



Snacks

Whey Protein

Quantity: 1 scoop | Cal: 130.0 kcl

● P: 25.0g ● C: 3.0g ● F: 2.0g



Apples with skin, Raw

Quantity: 100g | Cal: 52.0 kcl

● P: 0.3g ● C: 13.8g ● F: 0.2g



Curd (dahi)

Quantity: 120g | Cal: 74.4 kcl

● P: 4.8g ● C: 5.3g ● F: 3.7g



Dinner

Tofu raw

Quantity: 150g | Cal: 117.0 kcl

● P: 13.6g ● C: 4.3g ● F: 6.3g



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcl

● P: 5.9g ● C: 30.0g ● F: 0.4g



Olive oil

Quantity: 5g | Cal: 45.0 kcl

● P: 0.0g ● C: 0.0g ● F: 5.0g



Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcl

● P: 2.9g ● C: 13.1g ● F: 0.1g



Weight Loss Plan Streaming Top Shows Near Me

Yan Bai



Weight Loss Plan Streaming Top Shows Near Me:

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In a digitally-driven world wherever monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases frequently move unheard. However, set within the pages of **Weight Loss Plan Streaming Top Shows Near Me** a captivating fictional treasure sporting with natural feelings, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the psychological depths of the moving review, we can embark upon a honest exploration of the book is primary subjects, dissect their fascinating writing design, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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