

Sample Diet Plan (Non-Veg)



Total Calories: 1506.6 kcal

Total Macros

● Protein: 138.3g

● Carbs: 130.4g

● Fats: 47.6g



Breakfast

Eggs

Quantity: 3 eggs | Cal: 210.0 kcal

● P: 18.0g ● C: 0.0g ● F: 15.0g



Bread

Quantity: 2 slices | 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

Quantity: 1 slice | Cal: 70.0 kcal

● P: 4.0g ● C: 0.0g ● F: 5.0g



Lunch

Chicken breast

Quantity: 125g | Cal: 160.0 kcal

● P: 32.5g ● C: 0.0g ● F: 2.5g



Rice

Quantity: 35g | Cal: 124.9 kcal

● P: 5.2g ● C: 26.2g ● 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

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

Chicken breast

Quantity: 125g | Cal: 160.0 kcal

● P: 32.5g ● C: 0.0g ● F: 2.5g



Rice

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



All food items measured raw/uncooked

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Patricia Bragg,Bob Johnson



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