

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 Latest Tutorial

AW Rasmussen



Weight Loss Plan Latest Tutorial:

The book delves into Weight Loss Plan Latest Tutorial. Weight Loss Plan Latest Tutorial is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Loss Plan Latest Tutorial, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weight Loss Plan Latest Tutorial
 - Chapter 2: Essential Elements of Weight Loss Plan Latest Tutorial
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 - Chapter 4: Weight Loss Plan Latest Tutorial in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Weight Loss Plan Latest Tutorial. The first chapter will explore what Weight Loss Plan Latest Tutorial is, why Weight Loss Plan Latest Tutorial is vital, and how to effectively learn about Weight Loss Plan Latest Tutorial.
 3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan Latest Tutorial. This chapter will elucidate the essential principles that must be understood to grasp Weight Loss Plan Latest Tutorial in its entirety.
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- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan Latest Tutorial.

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