Sample Diet Plan (Non-Veg)

Total Calories: 1506.6 kcl --- 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: 32.5q
 C: 0.0q
 F: 2.5q



Rice

Quantity: 35g | Cal: 124.9 kcal P: 5.2q
 C: 26.2q
 F: 0.4q



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



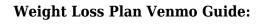
Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcal P: 2.9g
 C: 13.1g
 F: 0.1g



Weight Loss Plan Venmo Guide

Lenora Sawyer



Decoding Weight Loss Plan Venmo Guide: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss Plan Venmo Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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