FITTR

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 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

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

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

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

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

Apples with skin, Raw
Quantity: 100g | Cal: 52.0 kcal
P: 0.3g | C: 13.8g | F: 0.2g

Dinner

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

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

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