# 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



#### Bread

Quantity: 2 slice | 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 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



#### Rice dry uncooked

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



#### Snacks

#### Whey Protein

Quantity: 1 scoop | Cal: 130.0 kcal • P: 25.0g • C: 3.0g • F: 2.0g



#### Silacks

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



#### Curd (dahi)

Quantity: 120g | Cal: 74.4 kcal • P: 4.8g • C: 5.3g • F: 3.7g



#### Dinner

#### Tofu raw

P: 13.6g
 C: 4.3g
 F: 6.3g

Quantity: 150g | Cal: 117.0 kcal



#### Rice dry uncooked

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



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**D** Kirk

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