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



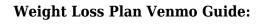
Mixed frozen vegetables

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



Weight Loss Plan Venmo Guide

L Reisser



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