

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



Apples with skin, Raw

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

Tofu raw

Quantity: 150g | Cal: 117.0 kcal

● P: 13.6g ● C: 4.3g ● F: 6.3g



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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The Shopping Diet Phillip Bloch, 2010-08-17 Stop me before I shop again When the clothing budget is tight when you have to squeeze every dollar and stretch it further it's time to go on The Shopping Diet But don't worry This diet won't deprive you of having a fashionable and up to date wardrobe in fact you will find exciting ways to look fantastic make more of the clothes and accessories you already have and come out ahead with the one thing that's always in style more money in your wallet Whether you're an impulse shopper whether you shop out of boredom or other emotions or if the tough go shopping has always been your motto you may feel that you simply have to shop that there are never enough clothes or the right clothes to make you feel complete confident and in control But in tough economic times there is a better way a whole new lifestyle of evaluating your true wardrobe needs making smart choices and changing your spending habits from the inside out The results More time no more Saturdays spent wandering the mall aimlessly more space your closet makeover will turn that priceless piece of real estate into your favorite go to boutique and more cash or if you prefer less credit card debt Now that's being in control Premiere celebrity stylist Phillip Bloch's unique and thought provoking approach to looking great for less gives you fascinating insights and practical solutions to the very real problem of overspending that affects millions of people

Save Money Lose Weight Ranj Singh, 2019-05-02 THE SUNDAY TIMES BESTSELLER Are you keen to lose weight without spending a fortune Do you find it hard to stick to a budget when you are on a diet In Save Money Lose Weight the book to accompany the ITV series Dr Ranj Singh brings you a 28 day plan that shows you how to make nutritious calorie controlled budget conscious meals for the whole family As well as 80 delicious recipes this book includes Shopping lists Meal planners Tips to slash your weekly grocery bill Easy no cost exercise ideas Let the nation's favourite doctor Ranj Singh show you how to break the cycle of habit without breaking the bank What readers are saying Easy to follow recipes and good shopping guides the results have been great Great ideas food tastes delicious Lovely recipes to follow and help you get to your goal

Vegetarian Times, 1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

The One-Hour Business Plan John McAdam, 2013-09-30 A guide to writing a successful business plan in just one hour A strong business plan greatly increases a business chance of success especially in an economic environment in which more than 50 percent of businesses fail within three years Your business plan can serve as a foundation for your successful business The One Hour Business Plan written by seasoned entrepreneur and business instructor John McAdam helps you lay that foundation With the help of this book aspiring entrepreneurs can write a viable business plan in just one hour Offers step by step guidance on the process of writing a business plan with field tested instructional techniques that are simple strong and easy to implement

Written by John McAdam a been there done that hired CEO and serial entrepreneur with decades of real world experience who helps ordinary people become entrepreneurs and helps entrepreneurs become successful The One Hour Business Plan outlines a process and a framework for creating a business plan that sets you up for success Give your business the best odds for success in just one hour of your time **DASH for Weight Loss** Jennifer Koslo, PhD, RDN, LDN, CPT, 2019-11-26 The DASH diet is an easy to follow plan to lose weight increase energy and lower blood pressure with 100 recipes ranked the 1 overall diet by U S News World Report eight years in a row The original DASH diet plan Dietary Approaches to Stop Hypertension was developed to lower blood pressure without medication Since then numerous studies have shown that the DASH diet reduces the risk of many diseases including some kinds of cancer stroke heart disease heart failure kidney stones and diabetes It has been proven to be an effective way to lose weight and become healthier at the same time Beginning with an easy to read non scientific explanation of DASH and its benefits DASH for Weight Loss is a comprehensive plan that includes menus recipes exercise prescriptions weight loss tools and all the need to know information for setting up a DASH kitchen and getting started right away The book will teach followers how they can adapt DASH to gluten free vegan vegetarian and dairy free eating styles and will include resources like substitution lists a grain cooking guide and basic vegetable cooking charts Vegetarian Times ,1990-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both The Complete Keto Diet For Beginners Michael Crow, 2018-09-09 The Complete Keto Diet For Beginners A Simple Ketogenic Diet Approach for Rapid Weight loss Plus Keto Diet Meal Plan 2nd Edition is aimed at ensuring that you eat healthily and lose weight without any form of exercise Today the Ketogenic diet has become one of the most potent tools for rapid weight loss If you need a complete beginners guide in the Ketogenic diet then you have found the right tool If you are a seasoned dieter then you can find great guide in this book The recipes in this book are simple to follow and every easy to prepare It was done carefully to ensure that you can eat different recipes and never get bored With this Keto diet book weight loss is easily attainable Benefits of Ketogenic Diet are Increase Mental focus Power and agility control skin disorder However when you follow the diet in this book the amazing things you will discover are Why you must have a keto diet plan Shopping tips for Your Ketogenic diet items The type of Ketogenic diet you can adopt for your keto diet weight loss plan Flexible exercise scheme for Keto diet How to enter Ketosis very fast How to achieve Ketosis without struggle How to maintain Ketosis How to know if you have entered ketosis and the measurement of ketosis All that you need to know as a beginner about Ketogenic Diet Food to eat and food not to eat on a Ketogenic Diet Important Ketogenic Diet mistakes to Avoid The SECOND EDITION of this Ketogenic diet book The Complete Keto Diet For Beginners A Simple Ketogenic Diet Approach for Rapid Weight loss

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