

## Sample Diet Plan (Non-Veg)



Total Calories: 1506.6 kcal

## 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



## Butter

Quantity: 5g | Cal: 36.0 kcal

P: 0.0g C: 0.0g F: 4.0g



## Bread

Quantity: 2 slices | Cal: 136.4 kcal

P: 4.5g C: 26.0g F: 1.6g



## 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: 32.5g C: 0.0g F: 2.5g



## Olive oil

Quantity: 5g | Cal: 45.0 kcal

P: 0.0g C: 0.0g F: 5.0g



## Rice

Quantity: 35g | Cal: 124.9 kcal

P: 5.2g C: 26.2g 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



## 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 Guide Tutorial

**Ian Pickup**

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