

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



Weight Loss Plan Usa Tutorial

Lois H. Bodinski



Weight Loss Plan Usa Tutorial:

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web firstdown playbook has a practice schedule section that makes this very easy for any football coach once you make one or two practice schedules you can then just duplicate and edit the schedules this will allow you to keep the parents informed

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web practice week game planning for youth football the number of practices in a week can vary from team to team in youth league football but the majority of teams will practice somewhere between 2 4 times per week obviously the number of times your team practices plays a huge role in planning practices for the week

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web 1 football and the player on the end of the line will have the other football the player facing the line will be the receiver the receiver will start the drill by throwing his ball to the second player in line as soon as the ball is thrown the player at the end of the line will throw his football to the receiver the

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web it takes a day or two to get your feet under you the first week should be focused on conditioning player evaluation technique and playbook installation below is a summary of our first day of practice and a summary of our 1st week of youth football practice

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