

Sample Diet Plan (Veg)



Total Calories: 1497.6 kcal

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

**Butter**

Quantity: 5g | Cal: 36.0 kcal

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

**Paneer home style cheese**

Quantity: 120g | Cal: 385.2 kcal

P: 25.7g C: 4.3g F: 34.2g

**Olive oil**

Quantity: 5g | Cal: 45.0 kcal

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

**Whey Protein**

Quantity: 1 scoop | Cal: 130.0 kcal

P: 25.0g C: 3.0g F: 2.0g

**Curd (dahi)**

Quantity: 120g | Cal: 74.4 kcal

P: 4.8g C: 5.3g F: 3.7g

**Tofu raw**

Quantity: 150g | Cal: 117.0 kcal

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

**Olive oil**

Quantity: 5g | Cal: 45.0 kcal

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

**Bread**

Quantity: 2 slice | Cal: 136.4 kcal

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

**Cheese slice by amul**

Quantity: 1 slice | Cal: 70.0 kcal

P: 4.0g C: 0.0g F: 5.0g

**Lunch****Rice dry uncooked**

Quantity: 40g | Cal: 142.8 kcal

P: 5.9g C: 30.0g F: 0.4g

**Mixed frozen vegetables**

Quantity: 100g | Cal: 60.0 kcal

P: 2.9g C: 13.1g F: 0.1g

**Snacks****Apples with skin, Raw**

Quantity: 100g | Cal: 52.0 kcal

P: 0.3g C: 13.8g F: 0.2g

**Dinner****Rice dry uncooked**

Quantity: 40g | Cal: 142.8 kcal

P: 5.9g C: 30.0g F: 0.4g

**Mixed frozen vegetables**

Quantity: 100g | Cal: 60.0 kcal

P: 2.9g C: 13.1g F: 0.1g



Weight Loss Plan Compare Returns

Edward C. Halbach

Weight Loss Plan Compare Returns:

From Here to the Streets Joseph L. Chiappetta Jr., 2012-11 The corrections employee who inspired me to design this book knew what most of you reading this already know that the only hope that more than 90 percent of incarcerated inmates nationwide have for not returning to prison is steady employment There are numerous books on this subject already and most of them say the same things It's also fair to say that most are accurate This course doesn't try to reinvent the wheel so to speak but instead gives a step by step guide for preparing and facilitating a prerelease employability class in a corrections environment Prison inmates are for the most part challenged with a wide variety of social dysfunctions Educational backgrounds vary as well It is critical to make the prerelease employability class both user friendly and student specific for the challenges presented by the prison itself Ultimately it's up to an individual whether or not he or she chooses to succeed or improve the quality of their life The key is to make this goal in life attainable and realistic to the students thus encouraging them to make that choice Remember that even the best plans in the world are nothing without good people to carry them out If you're planning to teach or assist in a corrections prerelease employability course you must understand and believe in its benefits Not only believe but also participate by sharing your own personal experiences and opinions to the extent that policy allows Only by interacting with the class on a more personal level will you get the respect and trust of your students By operating in this capacity you become as important an asset to the course as the written material itself The results of your efforts will be reflected in the future success stories from your students **Weekly World News**, 1985-04-16 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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