

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



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Alan Edward Nourse

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Dr. Romano's Megatetrics Weight Reduction Guide Ronald R. Romano, 1978

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Guide to the clinical examination and treatment of sick children John Thomson, 1898

[Cassell's household guide](#) Cassell, ltd, 1873 [Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc](#) Cassell & Company, 1877

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Craig T. Norback, Peter G. Norback, 1979

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recommended dietary allowances and the US recommended daily allowances and food labeling Numerous charts including the nutritive values of foods and information on proper nutrition for babies and children are given throughout the text wz

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