

## Sample Diet Plan (Non-Veg)



Total Calories: 1506.6 kcl

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



#### Bread

Quantity: 2 slices | 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

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



#### Rice

Quantity: 35g | Cal: 124.9 kcal

● P: 5.2g ● C: 26.2g ● 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

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



All food items measured raw/uncooked

# Weight Loss Plan Lyft Tricks

**AW Rasmussen**



## **Weight Loss Plan Lyft Tricks:**

## **Weight Loss Plan Lyft Tricks** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Weight Loss Plan Lyft Tricks**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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