

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 Guide Tutorial

Siddappa N.Byrareddy



Weight Loss Plan Guide Tutorial:

Dietary Guidelines and Your Diet ,1987 *Resources in Education* ,1991-08 **Telecourse Guide for Nutrition Pathways** Marie Yost Maness,1999-03-18 *Physical Education Technology Playbook* Darla M. Castelli,Leah Fiorentino,2008 It s widely accepted that the increasing use of technology such as TV and computers has led to a reduction in physical activity But in *Physical Education Technology Playbook* authors Darla Castelli and Leah Holland Fiorentino show you how to use technology to increase physical activity and enhance learning about health and fitness This book comes with detailed instructions and examples so you can easily incorporate the described technologies into your teaching From cover

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Understanding Your Health Wayne A. Payne,Dale B. Hahn,Ellen Mauer,2005 **New West** ,1976 Teen Health Mary Bronson Merki,1999 The Software Encyclopedia 2001 ,2001 **Healthcare CAI Directory** ,1995 **Telcr Gde-Nutr Pathways 10e** Sizer,Whitney,2005-05 Thomson Wadsworth is pleased to partner with Dallas TeleLearning and the LeCroy Center for Educational Telecommunication by publishing a text specific student TELECOURSE GUIDE for the NUTRITION PATHWAYS Telecourse and Telecourse PLUS The guide is designed to help connect the course to the assigned text NUTRITION CONCEPTS AND CONTROVERSIES TENTH EDITION and maximize student learning The TELECOURSE GUIDE features chapter and video assignments lesson overviews chapter learning objectives key lesson concepts and a practice test for each lesson A must have for every student *The Curriculum and Small Group Resource Guide* Judy Hamlin,1991 Resources in Education ,1991 **Food Becomes You and Your Baby (diet in Pregnancy)** Bernadine H. Peterson,1978 *Teen Health Course 3* Wright Group-McGraw Hill,2002-04

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