

Sample Diet Plan (Non-Veg)



Total Calories: 1506.6 kcal

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



Butter

Quantity: 5g | Cal: 36.0 kcal

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



Bread

Quantity: 2 slices | Cal: 136.4 kcal

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



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



Olive oil

Quantity: 5g | Cal: 45.0 kcal

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



Rice

Quantity: 35g | Cal: 124.9 kcal

P: 5.2g C: 26.2g F: 0.4g



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



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 *Virginia State Documents* ,1998 **Nutrition Education Printed Materials and Audiovisuals** Shirley King Evans,1989 **Video Rating Guide for Libraries** ,1990 **My New Weigh of Life** Madeleine Sigman-Grant,1993 The objectives of this weight management program are to prepare participants for weight loss and maintenance by providing accurate knowledge about food nutrition and physical activity to make participants aware of the personal behaviors which have led them to overeat and of how they can choose to change those behaviors and to direct participants to take care of themselves so that they can manage their choices **Virginia State Publications in Print** ,1990 **A 4-H Handbook and Lesson Guide for Leaders, County Extension Agents, and Teachers** Harold Anthony Willman,1963 **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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