

## Sample Diet Plan (Veg)



Total Calories: 1497.6 kcl

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



#### Bread

Quantity: 2 slice | 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 by amul

Quantity: 1 slice | Cal: 70.0 kcal

● P: 4.0g

● C: 0.0g

● F: 5.0g



### Lunch

#### Paneer home style cheese

Quantity: 120g | Cal: 385.2 kcal

● P: 25.7g

● C: 4.3g

● F: 34.2g



#### Rice dry uncooked

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



### Snacks

#### Whey Protein

Quantity: 1 scoop | Cal: 130.0 kcal

● P: 25.0g

● C: 3.0g

● F: 2.0g



#### Apples with skin, Raw

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

#### Tofu raw

Quantity: 150g | Cal: 117.0 kcal

● P: 13.6g

● C: 4.3g

● F: 6.3g



#### Rice dry uncooked

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



# Stem Kits Weight Loss Plan How To

**Daniel F McAuley**



## Stem Kits Weight Loss Plan How To:

*Essentials of Exercise & Sport Nutrition: Science to Practice* Richard B. Kreider PhD FACSM FISSN FNAK, 2019-06-21

We all want to look and feel good We also want to perform well whether it s in the weight room in sports or at work Research has shown exercise proper nutrition and adequate recovery affect health and human performance However there s lot of conflicting and confusing information regarding exercise and nutrition In *Essentials of Exercise and Sport Nutrition* author Dr Richard B Kreider offers an up to date assessment of the science and practice of exercise and sport nutrition Kreider who has conducted extensive research on the subject and has consulted with numerous teams coaches and athletes for more than thirty years brings a scientific and applied perspective to discussing the latest research and how it can be used to optimize performance He also provides summary recommendations training programs and meal plans for beginners through athletes as well as for individuals who want to lose and or manage their weight *Popular Science* ,1991-08 *Popular Science* gives our readers the information and tools to improve their technology and their world The core belief that *Popular Science* and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *Popular Science* ,2001-12 *Popular Science* gives our readers the information and tools to improve their technology and their world The core belief that *Popular Science* and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Popular Science** ,1995-12 *Popular Science* gives our readers the information and tools to improve their technology and their world The core belief that *Popular Science* and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

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