

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



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Judd E. Hollander

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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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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