

## 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



# Weight Loss Plan Latest Tutorial

**Donna Lawson**



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The New Harvard Guide to Women's Health Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30 With complete information on women s health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers

**The Woman's Day Guide to Lasting Weight Loss** Kathy Keenan Isoldi, 2007 **TV Guide**, 2000

*Dr. Romano's Megatetics Weight Reduction Guide* Ronald R. Romano, 1978 **The PDR Family Guide to Nutrition and Health**, 1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food

**Guide to the clinical examination and treatment of sick children** John Thomson, 1898

Cassell's household guide Cassell, ltd, 1873 Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc Cassell & Company, 1877

**The New American Guide to Athletics, Sports & Recreation** Craig T. Norback, Peter G. Norback, 1979

**The No-nonsense Guide to Food and Nutrition** Marion McGill, Orrea Florence Pye, 1981 Abstract Food and nutrition facts are presented in a practical guidebook format for the general public and homemakers Details are given on specific nutrient groups e g carbohydrates and fats protein and amino acids minerals and water vitamins and food groups e g milk and milk products protein foods fruits and vegetables grains food sources of fats and convenience foods Guidance is provided for selecting a nutritionally balanced diet Information also is included concerning

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

**The Medical and Healthcare Marketplace Guide** Adeline B. Hale, Arthur B. Hale, 1991      **Farmers' Guide** , 1897  
**A Guide to Healthy Eating** , 1981      *Telecourse Guide for Living with Health* Donna Beck Richards, 2001      **Ladies' Home Journal Family Medical Guide** Alan Edward Nourse, 1973      **Prevention's Guide to Looking Fit & Fabulous at Forty-plus** Donna Lawson, 1987      *Kaapse bibliotekaris* , 2008 Issues for Nov 1957 include section Accessions Aanwinste Sept 1957      Instructor's Manual for Your Guide to Getting Fit Ivan Kusinitz, 1987

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