

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



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

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SB Merriam



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acknowledges patients as people who have problems that often go far beyond the reach of traditional medical care **Velo News** ,2008 **Nutrition** Lori A. Smolin,Mary B. Grosvenor,2003 Ice cream or sorbet red meat or fish fruits or pastries eggs or oatmeal our lives are filled with choices about what we eat That s why Lori Smolin and Mary Grosvenor s Nutrition Science and Applications 4 E helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day Now updated to include the new Dietary Reference Intakes DRIs published in the fall of 2002 the Fourth Edition offers new and expanded coverage of such cutting edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production In addition this edition features a new chapter Meeting Nutrient Needs Food Versus Supplements which discusses the benefits and drawbacks of meeting nutritional needs with foods fortified foods and supplements as well as the role of herbal supplements Student Study Guide Designed to be used alongside Nutrition 4E this author created study guide provides students with a wealth of mate rial to help ensure that they are successful in the course Included are chapter outlines multiple choice questions short answer review questions and a variety of learning activities **The Directory of U.S. Trademarks** ,1992 Journal of the American Dietetic Association ,1998 **Congressional Record** ,1885 **Nutrition Abstracts and Reviews** ,1999 **Management Index** ,1967 **The Washingtonian** ,1986

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