

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

Amy D. Bernstein, Peter W. Bernstein

Weight Loss Plan Latest Tutorial:

Weight Loss Plan Latest Tutorial Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Weight Loss Plan Latest Tutorial**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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