

```
1 {
2   "errors": [
3     {
4       "error": "invalid",
5       "field": "email"
6     },
7     {
8       "error": "required",
9       "field": "name"
10    }
11  ],
12  "success": true
13 }
```

```
1 {
2   "success": false,
3   "errors": [
4     {
5       "error": "required",
6       "field": "name-1"
7     },
8     {
9       "error": "invalid",
10      "field": "email"
11    }
12  ]
13 }
```

# Compare Two Json Objects In Java Stack Overflow

**Wei-Meng Lee**



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web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web to maintain a fit physique or even if you are looking for a healthy lifestyle with healthy eating habits athlete meal plans can give you great insights and in order to help you learn about different meal plans for athletes we have

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1 4 to 2 0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches smoothies meals 1 2 an avocado 161 calories

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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web mar 1 2021 weight gain meal plan sample week 1 this healthy meal plan is for anyone looking to gain weight and add muscle mass but was designed by chris mohr ph d rd specifically for hardgainers and athletes chris mohr ph d rd