

## 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



#### Butter

Quantity: 5g | Cal: 36.0 kcal

● P: 0.0g ● C: 0.0g ● F: 4.0g



#### Bread

Quantity: 2 slice | Cal: 136.4 kcal

● P: 4.5g ● C: 26.0g ● F: 1.6g



#### 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



#### Olive oil

Quantity: 5g | Cal: 45.0 kcal

● P: 0.0g ● C: 0.0g ● F: 5.0g



#### Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal

● P: 5.9g ● C: 30.0g ● F: 0.4g



#### 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



#### Curd (dahi)

Quantity: 120g | Cal: 74.4 kcal

● P: 4.8g ● C: 5.3g ● F: 3.7g



#### Apples with skin, Raw

Quantity: 100g | Cal: 52.0 kcal

● P: 0.3g ● C: 13.8g ● F: 0.2g



### Dinner

#### Tofu raw

Quantity: 150g | Cal: 117.0 kcal

● P: 13.6g ● C: 4.3g ● F: 6.3g



#### Olive oil

Quantity: 5g | Cal: 45.0 kcal

● P: 0.0g ● C: 0.0g ● F: 5.0g



#### Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal

● P: 5.9g ● C: 30.0g ● F: 0.4g



#### Mixed frozen vegetables

Quantity: 100g | Cal: 60.0 kcal

● P: 2.9g ● C: 13.1g ● F: 0.1g



# Weight Loss Plan Usa Tutorial

**Camilla Rothe**



## **Weight Loss Plan Usa Tutorial:**

## Adopting the Song of Phrase: An Mental Symphony within **Weight Loss Plan Usa Tutorial**

In some sort of eaten by monitors and the ceaseless chatter of quick transmission, the melodic splendor and mental symphony produced by the prepared term often disappear into the backdrop, eclipsed by the persistent noise and disturbances that permeate our lives. But, situated within the pages of **Weight Loss Plan Usa Tutorial** a marvelous fictional treasure brimming with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this fascinating masterpiece conducts visitors on a psychological journey, well unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths of the poignant review, we can examine the book is key harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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