

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 How To Tutorial

JG Myers



Weight Loss Plan How To Tutorial:

The Good Karma Diet Victoria Moran, 2015-05-19 Many popular diets call for avoiding some foods or eating others exclusively But as *The Good Karma Diet* reveals the secret to looking and feeling great is actually quite simple Treat our planet and all its inhabitants well In this revolutionary book bestselling author Victoria Moran reveals that by doing what s best for all creatures and the planet you align your eating with your ethics a powerful health and wellness tool if there ever was one *The Good Karma Diet* shows readers how favoring foods that are karmically good for you will help you Sustain energy Extend youthfulness Take off those stubborn extra pounds Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped good karma in every aspect of their lives Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living **The Software Encyclopedia 2001** ,2001

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Staff,2000-05

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- Chapter 1: Introduction to Weight Loss Plan How To Tutorial
- Chapter 2: Essential Elements of Weight Loss Plan How To Tutorial
- Chapter 3: Weight Loss Plan How To Tutorial in Everyday Life
- Chapter 4: Weight Loss Plan How To Tutorial in Specific Contexts
- Chapter 5: Conclusion

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