

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



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Low GI Diet 12-week Weight-loss Plan Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01
This updated edition of Australia's bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off. Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy-to-follow aerobic and resistance exercises that will take you just 30 minutes a day, this book outlines a nutritionally balanced, effective and healthy way to start losing weight and improve your overall health and includes tools and tips to maintain weight loss for life. Delicious recipes and a menu survival guide for eating out. How to balance protein and carbohydrate. Photographs of exercises. Updated GI tables for your favourite foods. The most significant dietary finding of the last 25 years: the glycemic index. GI is an easy-to-understand measure of how food affects blood glucose levels and has revolutionised the way we eat.

Weekly World News, 2001-04-17 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

Exercise Exchange Program James M. Rippe, 1993-02-01 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive, regimented, dull and just plain ineffective. Dr. James M. Rippe, author of the bestselling Rockport Walking Program, has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs.

Sabiston Textbook of Surgery E-Book Courtney M. Townsend Jr., R. Daniel Beauchamp, B. Mark Evers, Kenneth L. Mattox, 2012-02-17 Sabiston Textbook of Surgery is your ultimate foundation for confident surgical decision making. Covering the very latest science and data affecting your treatment planning, this esteemed medical reference helps you make the most informed choices so you can ensure the best outcome for every patient. Consult it on the go with online access at expertconsult.com and get regular updates on timely new findings and advances. Overcome tough challenges, manage unusual situations and avoid complications with the most trusted advice in your field. Prepare for tests and exams with review questions and answers online. Keep up with the very latest developments concerning abdominal wall reconstruction, tumor immunology and immunotherapy, peripheral vascular disease, regenerative medicine, liver transplantation, kidney and pancreas transplantation, small bowel transplantation, the continually expanding role of minimally invasive and robotic surgery, and many other rapidly evolving areas. Weigh your options by reviewing the most recent outcomes data and references to the most current literature.

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Townsend Jr., R. Daniel Beauchamp, B. Mark Evers, Kenneth L. Mattox, 2015-05-26 LIC Sabiston Textbook of Surgery

Catalog Food and Nutrition Information Center (U.S.), 1974

Aesthetic Surgery After Massive Weight Loss J. Peter Rubin, Alan Matarasso, 2007 This illustrated atlas comprehensively examines techniques for managing aesthetic issues of the face and neck, breast, abdomen, arms and legs commonly facing patients after bariatric surgery. Over 85 color illustrations and

500 full color photographs display operative techniques pre operative appearance and post operative results Brandweek, 2003 **Vegetarian Times**, 1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Weekly World News**, 1981-02-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site Clinical Obesity in Adults and Children Peter G. Kopelman, Ian D. Caterson, William H. Dietz, 2009-09-28 Obesity is a major problem facing doctors in the 21st century This third edition of a highly respected textbook combines the latest in clinical research with a practical approach to guide the successful evaluation management and treatment of the obese patient including the large number of complications and other conditions that can arise as a consequence of it Written by experts from around the globe this book is a truly international work recognizing that the approach for the treatment and management of obesity may vary between differing ethnicities and in different countries The book addresses obesity and its social and cultural aspects biology associated diseases life stages pediatric and adult management and environmental policy approaches in six sections As well as covering the latest approaches to treatment of obesity Clinical Obesity in Adults and Children considers the effects of the environment of gender and of culture on this problem This is an invaluable resource for all health care professionals research scientists and public health practitioners involved in the prevention and care of patients who are at risk of obesity or are already obese **Weekly World News**, 2000-10-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Health in the dwelling. Vol. 4-6. Health in diet. Vol. 7-9. Health in relation to civic life. Vol. 10-12. General hygiene. Vol. 13-16. Conference on education. Vol. 17. Miscellaneous, including papers on Japan. Vol. 18. Miscellaneous, including jury awards and official catalogue. Vol. 19. Miscellaneous, including papers on China**, 1884 Endocrine Secrets Michael T. McDermott, 2005 The Secrets Series R is breaking new ground again This volume in the very popular Secrets Series R is back in an exciting updated and completely redesigned 4th Edition A new two color page layout a more portable size and a list of the Top 100 Secrets in endocrinology help readers to better meet the challenges they face today And at no extra charge purchasers also receive online access to the complete contents of the text via Elsevier s innovative STUDENTCONSULT.com website Readers will still find all of the features they rely on the Secrets Series R for a question and answer format lists mnemonics tables and an informal tone that make reference fast and easy No matter what questions arise in practice or while preparing for boards this 4th Edition has the answers in print and online The smart way to study Elsevier titles with [STUDENT CONSULT](http://STUDENTCONSULT.com) will help

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