TTR

Sample Diet Plan (Veg)

Total Calories: 1497.6 kcl

Total Macros ----

- Protein: 95.4q
- Carbs: 142.7q
- Fats: 68.1q

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: 25.7q
 C: 4.3q
 F: 34.2q



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal P: 5.9q
 C: 30.0q
 F: 0.4q



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: 25.0q
 C: 3.0q
 F: 2.0q



Apples with skin, Raw

Quantity: 100g | Cal: 52.0 kcal



Curd (dahi)

Quantity: 120g | Cal: 74.4 kcal P: 4.8g
 C: 5.3g
 F: 3.7g



Dinner

Tofu raw

Olive oil

P: 13.6g
 C: 4.3g
 F: 6.3g

P: 0.0g
 C: 0.0g
 F: 5.0g

Quantity: 150g | Cal: 117.0 kcal



Rice dry uncooked

Quantity: 40g | Cal: 142.8 kcal





Mixed frozen vegetables Quantity: 100g | Cal: 60.0 kcal

P: 2.9g
 C: 13.1g
 F: 0.1g



Weight Loss Plan Ipad Update

Olga Raz R.D.

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MacUser, 1997 Directory of Evaluated Software Deborah M. Coates, 1986 Software Reviews on File, 1986
InCider, 1986 The Bread for Life Diet Olga Raz R.D., 2005-09-01 Presents a weight loss and maintenance program that incorporates the use of complex carbohydrates to raise serotonin levels and prevent cravings and includes recipes for nutritious main dishes soups salads and dressings

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