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""Here is a summary of the provided responses:

İġ½■ A 3-day customized diet plan is recommended, with a focus on whole grains, mixed vegetables, and lean protein sources, including oatmeal, fruits, nuts, lentil soup, quinoa, and brown rice. Snacks include roasted chana, cucumber and tomato slices, and carrot and celery sticks with hummus.

İġ½■ The nutritional contents of skinless chicken legs include protein, carbohydrates, fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, sodium, and potassium. For skinless chicken thighs, the nutritional contents are similar, but with slightly different values.

İġ½■ The recommended daily routine includes a balanced diet with a mix of protein-rich foods, whole grains, and fruits and vegetables, with 3 main meals and 2-3 snacks. Additionally, it's recommended to engage in 30 minutes of walking per day and drink at least 2 liters of water per day.

İġ½■ A 7-day diet plan is recommended, with a focus on vegetarian options, including oatmeal, whole-grain pita, lentil soup, grilled tofu, quinoa, and mixed vegetables. Snacks include hummus, avocado, and mixed berries.

İġ½■ The diet plan is designed to provide a balanced mix of protein, complex carbohydrates, and healthy fats, with a variety of fruits and vegetables, whole grains, and lean protein sources. Portion sizes can be adjusted based on individual calorie needs.

İġ½■ It's recommended to stay hydrated by drinking at least 8-10 glasses of water per day and engage in 30 minutes of walking every day""