Spiniarry tettuce, Long bearls, Brussel Sprouts, Bell Pepper 100g	Application	Age
March Marc	March Marc	Meight
Morey 10	Neget 1963 1982 1985	Meight
Medigit 355 358	Medical 155 156 158	Height 155 138.85 with body weight 131.85.85 with body weight 131.85.85 with lean mass 175E 1741.29 1400
March 1985	Description 1986	Body fat 38% 1358.68 with body weight
March 1123.8 with body weight March	Main 1938 William 1939 William 1939 William 1939 William	BMR
Total Content 1970	March 132.38 with learn mass	BMR
Target Cabrier 1000 Falt Loss 1000 Falt L	Transparent	Total Calories 1400
March Marc	Target Colores Section Factor Section	Time
DESTRUMN 100 - Fee	Time	DIET PLAN LCD - Egg
Time	Time	Time
Since Food Causetty Carios Protein Fat	Time	Time
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After Wakeup Core to with lemon Frost Workout Whey Protein 1 Scoop 1 S	After Wakeup Carrier to with lemm 100 ml 0.4 0.0	After Wakeup Careen tea with lemon 100 ml 0.4 0 0 0 2
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Breakfast	Breakfast	Chickpeas (White) 50g 13.5 4.5 1.3 82
Grake Carrier	Critical Carrot	Grated Carrot
Reanut	Peanut Sog 104 7 11 159	Peanut 50g 10.4 7 11 159
Snacks Whey Protein 1 Scoop 3 25 1 120	Snacks Whey Protein	Whey Protein
Snacks Yogurt 50g 1.8 5 0.2 2.95	Snacks Signat Solg 1.8 5 0.2 29.5	Snacks Yogurt 50g 1.8 5 0.2 29.5
Snacks Yogurt 50g 1.8 5 0.2 2.95	Snacks Signat Solg 1.8 5 0.2 29.5	Snacks Yogurt 50g 1.8 5 0.2 29.5
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Lunch EBB	Lunch Egg	Egg
Lunch Creen Peas 50g 7 2.95 0 41	Lunch Creen Peas Creen Peas Coppicum or apagarus or brussel sprouts or lettuce brussel sprouts or l	Capsicum or aspagarus or brussel sprouts or lettuce 100g 0.8 2.2 3.9 35 Adding Leafy Vegetable is man for fiber
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brussel sprouts or lettuce 100g 0.8 2.2 3.9 35 167 fiber	bussel sprouts or lettuce 100g 0.8 2.2 3.9 3.5 6or fiber	Drussel sprouts or lettuce
Notestable Separate Solution Solution Separate Solutio	Notes Sprouts or lettuce Sog 2.2 15 13.25 176.5	Nozarella Cheese 50g 2.2 15 13.25 176.5
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Rajma	Snacks Black coffee	Black coffee
Rajma	Rajma 50g 10.1 4.5 0.2 56.5 Egg	Rajma Sog 10.1 4.5 0.2 56.5
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Egg	Egg	Egg 1 full egg 0 6 5 70 Lunch Grated Carrot 40g 4 0.4 0 16 coconut oil 1 tbsp 0 0 7 63
Lunch Grated Carrot	Lunch Grated Carrot 40g 4 0.4 0 16	Lunch Grated Carrot 40g 4 0.4 0 16 coconut oil 1 tbsp 0 0 7 63
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Coconut oil 1 tbsp 0 0 7 63	Cottage cheese 50g 1.1 10.9 7 63	coconut oil 1 tbsp 0 0 7 63
Cottage cheese 50g 1.1 10.9 7 111 Total: 89.6 123.05 63.05 1365.5 1. Timing used as generic, please have the meal in your timing accordingly 2. You can swap food in different timing as per your convenience, but all the food should have been taken efore EOD 3. You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do 4. Plan your food if you are travelling out, maintaining this diet as 100% is mandatory criteria. Special Notes: Take low salt & Avoid iodized salt while cooking Alternatives Replace Quantity Things can be used additionally pisicum or aspagarus or lettuce 100g pisicum or aspagarus Spinach, Lettuce, Long Beans, Brussel Sprouts or lettuce 100g Ginger Garlic paste 1 tsp (10g) Seasoning Yes Curry, corriandert-Leaves Yes Almonds 3 Chia Seeds / Walnuts 7.5g / 3 Lemon Yes Turmeric Powder Yes Chickpeas 50g Rajma + oil 70g + half tsp Cottage cheese + (Reduce 1 tsp of whey protein) 100g	Cottage cheese 50g 1.1 10.9 7 111 Total: 89.6 123.05 63.05 1365.5 1. Timing used as generic, please have the meal in your timing accordingly 2. You can swap food in different timing as per your convenience, but all the food should have been taken efore EOD 3. You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do 4. Plan your food if you are travelling out, maintaining this diet as 100% is mandatory criteria. Special Notes: Take low salt & Avoid loidzed salt while cooking Alternatives Replace Quantity Things can be used additionally Spicum or aspagarus or lettuce 100g Psicum or aspagarus or lettuce 100g Psicum or aspagarus or lettuce 100g Psicum or aspagarus or lettuce 100g Almonds 3 Chia Seeds / Walnuts 7.5g/3 Lemon Yes Almonds 3 Chia Seeds / Walnuts 7.5g/3 Lemon Yes Chickpeas 50g Chickpeas 50g Chickpeas 50g Cheese cubes 40g Cheese cubes 40g Cheese cubes 40g Cheese cubes 40g	
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Seasoning Yes	Seasoning Yes	Drussel Sprouts Of Princed Sprouts Bell Dopper 1008
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Carrot 40g Cucumber 1 Small		Almonds 3
Carrot 40g Cucumber 1 Small Mozzarella cheese + 25g	Mozzarella cheese + 25g	Almonds 3
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Carrot 40g	Mozzarella cheese + Full egg 1 (Reduce 3 almonds) 25g	Almonds 3