

NutriDiet - Diet Plan

Diet Plan

TDEE: 1538.16

Breakfast

Cooked fish(100g), Berries(80g)

Snack 1

Lunch

Yogurt(1 cup), Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, Half Large Potato(75g), Or

Snack 2

Flavored yogurt(125g), Leafy greens(Any Amount)

Dinner

soymilk(83.3ml), 2 vegetables 80g, Leafy Greens, Oats(250g), 1 TBSP (20g) jam, jelly, honey, syrup

Snack 3

Orange

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Diet Plan

TDEE: 1782.28

Breakfast

1 whole egg + 4 egg whites, Apple

Snack 1

Lunch

soymilk(83.3ml), Leafy greens(Any Amount), Leafy greens, 2 TSP (10 ml) olive oil, Oats(250g), Bana

Snack 2

Flavored yogurt(125g), Any vegetable(80g)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), 1/4 medium avocado, 1 who

Snack 3

Fruit Juice(125ml)

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