

NutriDiet - Diet Plan

Diet Plan

TDEE: 2260.21

Breakfast

soymilk(83.3ml), Banana, 2 corn tortillas

Snack 1

Soy nuts(30g)

Lunch

Cooked fish(100g), Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, Oats(250g), Banana,
Co

Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Half Large Potato(75g), 1 TBSP (20g) jam, jelly,
hone

Snack 3

Berries(80g)

NutriDiet - Diet Plan

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TDEE: 2260.21

Breakfast

soymilk(83.3ml), Fruit Juice(125ml), Oats(250g)

Snack 1

Low fat milk(250ml)

Lunch

1 whole egg + 4 egg whites, Leafy greens(Any Amount), Leafy greens, 2 TSP (10 ml) olive oil, 2 corn

Snack 2

Cottage cheese (125g), Leafy greens(Any Amount)

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), 1/4 medium avocado,

Snack 3

Dried Fruit(Handfull)

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TDEE: 2260.21

Breakfast

1 whole egg + 4 egg whites, Banana, 2 corn tortillas

Snack 1

Cottage cheese (125g)

Lunch

Cooked meat(85g), Leafy greens(Any Amount), Leafy greens, 1/4 medium avocado, Cooked Grain(150g), Fr

Snack 2

Cottage cheese (125g), Leafy greens(Any Amount)

Dinner

Cooked fish(100g), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), 1 TBSP (20g) jam, jel

Snack 3

Banana

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TDEE: 2260.21

Breakfast

1 whole egg + 4 egg whites, Apple, Oats(250g)

Snack 1

Soy nuts(30g)

Lunch

Cooked fish(100g), Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, Oats(250g), Orange, Yo

Snack 2

Cottage cheese (125g), Any vegetable(80g)

Dinner

Cooked fish(100g), 2 vegetables 80g, Leafy Greens, Oats(250g), 1/4 medium avocado, 1 whole egg
+ 4 e

Snack 3

Apple

NutriDiet - Diet Plan

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TDEE: 2260.21

Breakfast

Cooked meat(85g), Dried Fruit(Handfull), Oats(250g)

Snack 1

boiled chick peas with squeezed lemon(60g)

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, 2 TBSP (30g) reduced-calorie salad dressin,
Oats

Snack 2

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

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), 1 TBSP (20g)
jam, je

Snack 3

Banana

NutriDiet - Diet Plan

Diet Plan

TDEE: 2251.84

Breakfast

soymilk(83.3ml), Fruit Juice(125ml), Whole Grain Bread(1 slice)

Snack 1

boiled chick peas with squeezed lemon(60g)

Lunch

Cooked fish(100g), Leafy greens(Any Amount), Leafy greens, 2 TSP (10 ml) olive oil, Cooked Grain(150

Snack 2

Low fat milk(250ml), Any vegetable(80g)

Dinner

Cooked fish(100g), 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), Small handful of nuts, 1 whol

Snack 3

Orange

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TDEE: 2251.84

Breakfast

Yogurt(1 cup), Berries(80g), Cooked Grain(150g)

Snack 1

boiled chick peas with squeezed lemon(60g)

Lunch

soymilk(83.3ml), Any vegetable(80g), Leafy greens, Small handful of nuts, Cooked Grain(150g), Appl

Snack 2

Soy nuts(30g), Any vegetable(80g)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), 1 TBSP (20g) jam, jelly,

Snack 3

Apple

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TDEE: 2260.21

Breakfast

Cooked meat(85g), Dried Fruit(Handfull), Whole Grain Bread(1 slice)

Snack 1

Soy nuts(30g)

Lunch

Yogurt(1 cup), Leafy greens(Any Amount), Leafy greens, Small handful of nuts, 2 corn tortillas, Berr

Snack 2

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

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), 1/2 ounce grated Parmesan cheese

Snack 3

Orange

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TDEE: 2251.84

Breakfast

1 whole egg + 4 egg whites, Berries(80g), Oats(250g)

Snack 1

Flavored yogurt(125g)

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, 1/4 medium avocado, Half Large Potato(75g), Appl

Snack 2

Cottage cheese (125g), Any vegetable(80g)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), 2 TSP (10 ml) olive oil,

Snack 3

Berries(80g)

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Lunch

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Snack 2

Soy nuts(30g), Leafy greens(Any Amount)

Dinner

Cooked fish(100g), 2 vegetables 80g, Leafy Greens, Half Large Potato(75g), 1 TBSP (20g) jam, jelly,

Snack 3

Apple

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TDEE: 2251.84

Breakfast

Yogurt(1 cup), Banana, Oats(250g)

Snack 1

Soy nuts(30g)

Lunch

1 whole egg + 4 egg whites, Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, 2 corn tortil

Snack 2

Cottage cheese (125g), Leafy greens(Any Amount)

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Half Large Potato(75g), 1 TBSP (20g)
jam

Snack 3

Apple

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TDEE: 2251.84

Breakfast

1 whole egg + 4 egg whites, Fruit Juice(125ml), Oats(250g)

Snack 1

Low fat milk(250ml)

Lunch

Cooked fish(100g), Any vegetable(80g), Leafy greens, 2 TBSP (30g) reduced-calorie salad dressin,
2 c

Snack 2

boiled chick peas with squeezed lemon(60g), Leafy greens(Any Amount)

Dinner

soymilk(83.3ml), 2 vegetables 80g, Leafy Greens, Oats(250g), Small handful of nuts, 1 whole egg
+

Snack 3

Orange

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TDEE: 2251.84

Breakfast

Cooked meat(85g), Orange, Cooked Grain(150g)

Snack 1

Soy nuts(30g)

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, Small handful of nuts, Half Large Potato(75g), B

Snack 2

boiled chick peas with squeezed lemon(60g), Leafy greens(Any Amount)

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Oats(250g), 2 TBSP (30g) reduced-calorie

Snack 3

Banana

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TDEE: 2251.84

Breakfast

Cooked fish(100g), Dried Fruit(Handfull), Cooked Grain(150g)

Snack 1

boiled chick peas with squeezed lemon(60g)

Lunch

soymilk(83.3ml), Any vegetable(80g), Leafy greens, 1/2 ounce grated Parmesan cheese, Cooked Grain

Snack 2

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

Dinner

1 whole egg + 4 egg whites, 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), Small handfu

Snack 3

Apple

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TDEE: 2251.84

Breakfast

soymilk(83.3ml), Fruit Juice(125ml), Whole Grain Bread(1 slice)

Snack 1

Soy nuts(30g)

Lunch

soymilk(83.3ml), Leafy greens(Any Amount), Leafy greens, Small handful of nuts, Half Large Potato(

Snack 2

Low fat milk(250ml), Any vegetable(80g)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Whole Grain Bread(1 slice), 1 TBSP (20g) jam, jelly,

Snack 3

Fruit Juice(125ml)

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Diet Plan

TDEE: 2720.31

Breakfast

Cooked fish(100g), Banana, Whole Grain Bread(1 slice)

Snack 1

Cottage cheese (125g)

Lunch

Cooked meat(85g), Any vegetable(80g), Leafy greens, 2 TSP (10 ml) olive oil, Oats(250g), Orange,
Coo

Snack 2

Cottage cheese (125g), Leafy greens(Any Amount)

Dinner

Yogurt(1 cup), 2 vegetables 80g, Leafy Greens, Cooked Grain(150g), 2 TBSP (30g) reduced-calorie
sala

Snack 3

Apple

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