

## Sample Diet Plan (Non-Veg)



Total Calories: 1506.6 kcal

Total Macros

● Protein: 138.3g

● Carbs: 130.4g

● Fats: 47.6g



### Breakfast

#### Eggs

Quantity: 3 eggs | Cal: 210.0 kcal

● P: 18.0g ● C: 0.0g ● F: 15.0g



#### Bread

Quantity: 2 slices | 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

Quantity: 1 slice | Cal: 70.0 kcal

● P: 4.0g ● C: 0.0g ● F: 5.0g



### Lunch

#### Chicken breast

Quantity: 125g | Cal: 160.0 kcal

● P: 32.5g ● C: 0.0g ● F: 2.5g



#### Rice

Quantity: 35g | Cal: 124.9 kcal

● P: 5.2g ● C: 26.2g ● F: 0.4g



#### 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: 25.0g ● C: 3.0g ● F: 2.0g



#### Apples

Quantity: 100g | Cal: 52.0 kcal

● P: 0.3g ● C: 13.8g ● F: 0.2g



#### Curd (dahi)

Quantity: 120g | Cal: 74.4 kcal

● P: 4.8g ● C: 5.3g ● F: 3.7g



### Dinner

#### Chicken breast

Quantity: 125g | Cal: 160.0 kcal

● P: 32.5g ● C: 0.0g ● F: 2.5g



#### Rice

Quantity: 40g | Cal: 142.8 kcal

● P: 5.9g ● C: 30.0g ● F: 0.4g



#### 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



All food items measured raw/uncooked

# Spotify Weight Loss Plan 2025

**Lea Schreiner**



## **Spotify Weight Loss Plan 2025:**

**Strong & Powerful - Krafttraining für Frauen** Lea Schreiner, 2025-11-16 Krafttraining für Frauen Krafttraining ist schon lange nicht mehr reine Männersache. Denn auch Frauen profitieren langfristig von einem muskulösen und gesunden Körper. Powerlifterin Lea Schreiner zeigt, warum gerade für dich als Frau das Training mit schwereren Gewichten von Vorteil sein kann. Du erfährst von ihr, wie du durch effektives und strukturiertes Training das Muskelwachstum förderst, Bindegewebe und Knochen stärkst, deinen Stoffwechsel gesund hältst und deine Hormone in Balance bringst. Deine Ziele, dein Training. Ebenso lernst du, wie du nicht nur dein Training, sondern auch deine Ernährung optimal an deine Ziele anpassen kannst. Möchtest du Muskeln aufbauen oder Fett verlieren? Befindest du dich im Aufbau oder möchtest einen Cut starten? Bist du gerade schwanger und möchtest trotzdem weiter Sport treiben? Gespickt mit studienbasierten Infos und Leas persönlichen Tipps erhältst du alle wichtigen Grundlagen zu Mikro- und Makronährstoffen und Kalorienbedarf. Daneben sind zahlreiche Trainingspläne für Anfängerinnen und Fortgeschrittene enthalten, die du ganz nach deinen Trainings- und Splitpräferenzen auswählen kannst. Mehr als 50 angeleitete Übungen an Maschinen und mit Freihanteln bieten dir die beste Auswahl für ein optimales Trainingserlebnis. Damit steht dir garantiert nichts mehr im Weg zu mehr Muskeln und dem fittesten Körper deines Lebens.

**The Everything Guide to GLP-1s** Kayley George, 2025-05-13 Lose weight and maintain your new healthy body with the first guidebook designed for GLP-1 medications featuring essential background information on GLP-1s, 150 delicious recipes that help achieve and maintain weight loss, and easy-to-use meal plans. For the best results on your weight loss journey, look no further than *The Everything Guide to GLP-1s*. Packed with everything you need to know about GLP-1 medications, including what they are, how they work, and what kind of healthy habits and lifestyle changes you need to make for the best results, this book is a must-have companion for your weight loss journey. Once you've covered the basics, you'll find 150 recipes that are specifically designed to help you achieve the best results while taking weight loss medications, to avoid uncomfortable side effects, and to help you maintain your new weight post-treatment. From breakfast to dinner and everything in between, this book has you covered so you can start your day off with a protein-packed breakfast like Tomato and Mozzarella Baked Eggs, get into those healthy legumes and vegetables with a Warm Chickpea Salad with Spinach for lunch, explore modified versions of your favorite foods like a burger for dinner with Feta Cheese Turkey Burgers, and much more. In this book, you'll find guidance on all things GLP-1. You'll also discover flexible meal plans that show you how to use these recipes to maintain a healthy body once and for all. Start your healthy weight loss journey today.

*Information Society and Media Development in Modern Mongolia* Undrah Baasanjav, 2025-10-01 This book provides an account of Mongolian information society from the perspective of critical media studies. The converged media sphere in modern Mongolia mirrors and shapes political communication, economic outlook, institutional norms, and Mongolian identity. When placing Mongolia on the global information society map, the arguments in the book juxtapose information society tenets and structural constraints like the

small market communist past and mining dependent economy Today people in Mongolia take advantage of the mobility speed and spatiality of the internet as the Mongolians of old once saddled their horses and galloped across the grassy steps of Eurasia

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web we have compiled this useful guide to help you understand the blind spot monitor feature its meaning symptoms causes and how to fix the error message the blind spot alert an unavailable error message is peculiar in most vehicles equipped with the bsm feature these include toyota chrysler jeep dodger ram and hyundai

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