

## Diet Chart

### Early Morning (7:30–8:00 AM)

- 1 glass warm water with soaked fenugreek seeds
- Optional: Black coffee/tea without sugar or green tea

### Breakfast (9:30–10:00 AM)

Menu	Calories	Protein (g)	Carbs (g)	Fat (g)
(2 Idlis + Sambar + Coconut Chutney) Or (Oats + Almonds + Raisins)	300	10	40	7
Boiled Egg (1 large)	70	6	1	5
Papaya (100g)/ any fruit (100g)	40	0.5	9	0
<b>Total</b>	<b>410</b>	<b>16.5</b>	<b>50</b>	<b>12</b>

### Mid-Morning Snack (Optional, 11:30 AM)

- Boiled moong sprouts with chopped vegetables and lemon  
*Calories: 70 | Protein: 5g | Carbs: 12g | Fat: 0g*

### Lunch (1:00–1:30 PM)

Menu	Calories	Protein (g)	Carbs (g)	Fat (g)
Brown Rice (1 cup cooked) / White Rice	215	5	45	1.5
Sambar (dal, veg, spices – 1 cup)	120	7	18	2
Stir-fried spinach (palak) with paneer (50g)	120	8	8	6
Curd (low-fat, 100g) (Optional)	60	4	5	2
Grilled Chicken (100g, optional) / Egg (2, boiled)	100	20 / 14	0	2
Salad (cucumber, carrot, onion)	40	1	10	0
<b>Total</b>	<b>655</b>	<b>45</b>	<b>86</b>	<b>13.5</b>

### Evening Snack (4:00–5:00 PM)

- Roasted sundal (chickpeas) or boiled peanuts:  
*Calories: 120 | Protein: 7g | Carbs: 18g | Fat: 4g*
- Buttermilk (unsweetened, 1 glass):  
*Calories: 40 | Protein: 2g | Carbs: 6g | Fat: 0g*
- Fruit (apple or orange):  
*Calories: 60 | Protein: 0.5g | Carbs: 14g | Fat: 0g*

Dinner (7:30–8:00 PM)

Menu	Calories	Protein (g)	Carbs (g)	Fat (g)
Roti (2 small) /Rice (1 cup)	180	6	30	1.5
Dal Curry (toor or moong, 1 cup)	110	7	12	3
Grilled Paneer (50g) or Egg Bhurji (2 eggs, small onions)	110	11	3	7
Stir-fried non-starchy veggies (beans, carrot, cabbage, etc)	45	2	8	2
Salad	30	1	8	0
<b>Total</b>	<b>475</b>	<b>27</b>	<b>61</b>	<b>13.5</b>

Night Snack (Optional, 9:30–10:00 PM)

- Mixed nuts (8–10 almonds & walnuts, soaked):  
*Calories: 50 | Protein: 2g | Carbs: 3g | Fat: 4g*

### *Total Macros*

*Calories: 2385 (approx)*

*Protein: 162 g*

*Carbs: 285g*

*Fat: 66g*