

Your Diet Plan!!!

breakfastchart

breakfast grains

- Barley Flakess
- Baby Corn

lunchchart

grains

- Waxy Corn
- Rye Flakes

indian bread

- Roti

Vegetables

- Mushroom

snackschart

Nuts & seeds

- Cashews

Fruits

- Banana

dinnerchart

grains

- Tri-color Quinoa

diary

- Buffalo Ghee