



## Indian Foods Veg Diet Plan

As soon as you wake up

A glass of water 250ml with 1 lemon squeezed +  $\frac{1}{2}$  sp Himalayan pink salt and  $\frac{1}{2}$  sp sugar(to balance your electrolytes)

### Meal 1: (breakfast )

1. Oats 30g (uncooked) + apple 1+ clenched fist nuts and berries + whey 1 scoop
2. Phulka 2 OR quinoa 50g + eggs 4 (2 full) + olive oil 1tbsp + veggies (steamed or boiled)

### Meal 2: (mid morning)

Green tea with kiwi or orange

### Meal 3: (lunch)

White rice 150g (cooked) + 100 grams of paneer/ 200 grams of tofu / 100 grams chick pea/ rajma + veggies + olive oil 2tbsp

### Meal 4: (pre workout evening)

1. Toast 1 slice + almond butter 1tbsp
2. Apple + almond butter 1tbsp

### Meal 5: (post workout)

Whey 1 scoop

• If you are training in the morning after 1st meal have whey post workout and green tea in the evening. You can skip meal 4 (pre workout).

### Meal 6: (Dinner)

Sweet potato 150g + 100 grams of paneer/ 200 grams of tofu / 100 grams chick pea/ rajma + veggies+ olive oil 2tbsp

**NOTE:** 2000kal For people under 70to75 it's a surplus  
For people above 70to75 it's deficit

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