

Cheat Sheet

Even though nutrition / weight loss plan are highly personalized, one thing all of us share is the urge to let loose every now and then. It's impossible to stick to a healthy diet 100 percent of the time. Cravings and the urge to just let loose come and go for everyone. There's no satisfaction like a few bites of pizza when you've been sticking to your healthy diet for the past month—until those few bites lead to a few slices, and that one bad meal leads to an entire day of bad eating. While it may seem like a cheat meal can derail your healthy goals, in fact, it can actually be important to your diet. Whether giving into these cravings helps or hurts you in the long run is largely a matter of How you approach and How much you eat !

Basic rule for cheat Meal

- 1) Plan cheat meal in Advance.
- 2) Remember portion Control.
- 3) Don't turn your cheat to Cheat day or cheat month.
- 4) Don't starve before cheat meal.
- 5) Sweat out, before Cheat meal.
- 6) Never indulge in two cheat meals in 1 week.

**THE CHEAT SHEET - REMEMBER, IT IS NOT A STUFFING SESSION!
SO CONSUME ANY ONE OF THE FOOD ITEMS ONLY ONCE A WEEK**

Fried Items

Food	Amount	Calories
Wada pav	1	285
French fries	1 medium packet	312
Chicken wings	2 pieces	224
Medu vada	2 pieces	340
Fried vegetable puff	1	278
Doughnut	1	452
Chicken puff	1	250
Lay's Potato chips	1 small packet	140
Mccain patties	2 pieces	222
Dahi vada	2 pieces	142
Onion pakoras	5 pc (100 grams)	255
Venky's Chicken nuggets	6 pieces	187
Tortilla chips	1 small packet	140
Kachori	1	65
Puris	5 pieces	165
Cheese balls	1 small packet	563
Venkys chicken sausages	3 pc	160
Samosa	1	230

Baked items

Food	Amount	Calories
Medium Pizza	2 pieces	290
Mc veggie burger	1	370
Mc chicken burger	1	480
Mc filet-o-fish	1	382
Small Samosa	1	80
Kharis	2 pc	190

Packaged Items

FOOD	AMOUNT	CALORIES
Macaroons	1 pc	97
Maggi noodles	1 small packet	345
Preserved soup	1 cup	85
Papad	1 small	45
Canned juice	100 ml	57
Cream biscuits	2pieces	118
Ketchup	2 tbsp	43

Dessert Items

Food	Amount	Calories
Pastries	1 pc(65 g)	185
Chocolate mousse	0.5 cup (202 g)	454
Jalebi	2 pc	246
Gulab jamun	2 pc	286
Chocolate	1 bar (42 g)	230
Cupcake	1 (43 g)	131
Ice cream	1 scoop (45 g)	114
Milk burfis	1 pieces	95
Chocolate pudding	30 grams	109
Falooda	1 glass	350

Other

Food	Amount	Calories
Pav bhaji	1 plate bhaji + 2 pavs	450
Street Sandwich	1	345
Frankie	1	236
Ragda patties	1 plate	333
Misal pav	1 plate + 4 pav	446
Pani puri	6 pieces	300
Farsaan	2 tbsp (30 g)	65
Chaat papri	1 plate	380

**The calorie value of each food item are Approximate, calories depends on the Size , Portion , Ingredients of the food.*