

## Alcohol Guide

ANY ONE DRINK FROM ANY ONE CATEGORY CAN BE CONSUMED PER WEEK.

(\*The ones marked in red are to be consumed rarely.)

### LIQUOR

Type of Alcohol	Quantity ( ml )	Calories ( Kcal )
*Irish cream	30	105
Tequila	30	64
Peach schnapps	30	63
Malibu	30	57

### WINE (Recommended By Shweta)

Type of Alcohol	Quantity ( ml )	Calories ( Kcal )
*Dessert wine (Sweet )	60	92
Dessert wine (Dry )	60	76
Red wine	60	43
White wine	60	40
Champagne	60	45
Rose wine	60	41
Sparkling wine	60	43

### BEER

Type of Alcohol	Quantity ( ml )	Calories ( Kcal )
Regular	1 can / 330	135
Light beer	1 can / 330	92

### OTHERS (Recommended By Shweta)

Type of Alcohol	Quantity ( ml )	Calories ( Kcal )
Rum , Vodka , Gin , Whiskey		
80 Proof	30	69
86 Proof	30	75
90 Proof	30	78
Brandy	30	61

## COCKTAILS

Type of Alcohol	Quantity ( ml )	Calories ( Kcal )
*Long island	175	376
*Pina colada	100	325
*Martini	100	295
*Margarita	100	294
*White Russian	100	289
*Mai Tai	100	233
Daiquiri	100	186
Screwdriver	100	180
Cosmopolitan	100	170
Whiskey sour	100	163
Mulside	100	160
Apple Martini	100	148
Jager bomb	100	112
Sangria	100	97
Mojito	100	90
Rum and Diet coke (1:5)	177	65
Bloody Mary	100	54

(P.S - For all the cocktails please ask the bartender to go easy on sugar, syrups and juices)

## ACCOMPANIMENTS [CONSUME ANY 2]

### VEGETARIAN

MENU	AMOUNT
Roasted Soya Nuts	1 small bowl
Edamame beans	1 small bowl
Roasted Fox nuts	1 small bowl
Grilled mushrooms	4-5 pc
Vegetable kebabs	2 pc
Baked chips	1 small bowl
Boiled / roasted peanuts / chana [unsalted]	1 small bowl
Boiled Corn chaat	1 small bowl
Hummus + veggie sticks	1 small bowl
Stir fry veggies	1 bowl
Grilled / Baked – Paneer / Tofu	2 Pc
Wheat crackers	2 pc
Greek salad / Green salad	1 bowl
Boiled chickpea salad / chaat	1 small bowl
Whole Wheat / Multi grain bread Toast	1 pc

## NON VEGTEARIAN

MENU	AMOUNT
Chicken wings	2 pc
Grilled chicken / Fish	2 pc
Chicken kebabs	2-3 pc
Boiled Eggs whites	2 eggs
Poched egg whites	2 eggs
Chicken / Fish - tikka / Kebabs	2 pc
Dry chicken chilly	1 small bowl
Boiled chicken salad	1 small bowl
Tawa fry fish	1 pc
Baked chicken / fish	2 pc

## DINNER OPTONS

Here are some extremely delicious and healthy options to make your Drinks much more enjoyable, in a healthy way but you can't have all at the same time.

Any One Dinner Can Be Selected From The Options Given Below

### Dinner Options [Any 1]

#### VEGETARIAN

- 1 Bowl Fried rice with clear soup **OR**
- 2 Steamed Vegetable momos With Tomato soup **OR**
- 1 Paneer / Mix Vegetable paratha **OR**
- 1 Plain dosa with Sambhar **OR**
- 1 Wheat Roti + 1 Katori Dal Tadka **OR**
- 1 Bowl Veg Biryani / Dal Khichadi / Pulav + 1 Katori Raita **OR**
- 1 Bowl Salad / Stir-Fry Veggies + 2 Pcs Grilled Paneer / Tofu (In Red Sauce.) **OR**
- 1 Bowl Veg Whole Wheat Pasta / Whole Wheat Noodles With Veggies in red sauces **OR**
- 1 Paneer Sharwama / Wrap / Roll

#### NON VEGETARIAN

- 1 Chicken / Egg kheema paratha (NO Butter) **OR**
- 1 wheat Roti + Egg curry / Bhurji **OR**
- 1 Wheat Roti + 1 bowl Chicken / Fish curry ( No peanut / Coconut based curry ) **OR**
- 1 bowl Egg Noodles with Clear soup **OR**
- 1 Chicken Roll / Sharwama **OR**
- 1 Bowl Chicken / Egg Biryani + 1 Katori Raita **OR**
- 1 Bowl Salad / Stir-Fry Veggies + 2 Pcs Grilled Chicken / Fish **OR**
- 1 Bowl Whole Wheat Chicken Pasta / Whole Wheat Noodles (With veggies in red sauce)