

YOUTH GYM

MADE BY- MEHUL KOTHARI

Diet Chart For normal weight

Sunday	
Breakfast (8:00-8:30AM)	Aloo Paratha (2) + Raita (1 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup moong dal + 1 cup bhindi + 2 chapatti + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Boiled Chana Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Jeera Aloo (1 cup)
Monday	
Breakfast (8:00-8:30AM)	Chapati (2) + Dal (1 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup rajma + 1 cup Gobi aloo + 1 cup cucumber raita + 1 cup rice + 1 chapatti + onion salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Aloo Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Mix Veg.

Tuesday	
Breakfast (8:00-8:30AM)	Cheela (2) + Raita (1 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup chicken curry + 1 cup boiled rice + 2 chapatti + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Papri Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Fish Curry (1 cup)
Wednesday	
Breakfast (8:00-8:30AM)	Veg. Poha (1 cup) + Raita (1/2 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup white chana + palak paneer + 1 cup rice + 1 chapatti + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Mur-murre Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Mustard Greens (1 cup)

Thursday	
Breakfast (8:00-8:30AM)	Aloo Paratha (2) + Raita (1 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup soyabean curry + 1 cup tinda vegetable + 2 chapatti + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Boiled Chana Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Bottle Gourd Curry (1 cup)
Friday	
Breakfast (8:00-8:30AM)	Chapati (2) + Dal (1 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup fish curry + 1 cup boiled rice + 1 chapatti + 1 cup lauki raita + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Aloo Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Matar and Mushroom Curry (1 cup)

Saturday	
Breakfast (8:00-8:30AM)	Veg Upma (1 cup) + Raita (1/2 cup)
Mid-Meal (11:00-11:30AM)	Fruit Salad (1 cup) + Tender Coconut Water (1 glass)
Lunch (2:00-2:30PM)	1 cup chicken curry + 1 cup rice + salad
Evening (4:00-4:30PM)	Tea/ Coffee (1 cup) + Papri Chat (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Kofta (1 cup)