

Today's Meal Plan for Parth

Calories Target: 1500

Meal Time	Meal	Quantity	Calories	Protein (g)
Breakfast	Paratha with Curd	2 parathas with 1 cup curd	300	7
Lunch	Chicken Pulao	1 bowl	450	35
Evening Snack	Chicken Kebab	3 kebabs	250	25
Dinner	Vegetable Khichdi	1 bowl	350	15
Total	Total Calories		1350	
	Total Protein (g)		82	