

1950 CALORIE CUTTING PLAN

Protein sources

- Soya 50gm (76 calorie) 10p
- Paneer 100gm (265 calorie) 18p
- Chicken 200gm (240 calorie) 45p
- Egg 5 no (340 calorie) 25p
- Skyr 50gm (50 calorie) 6p
- P powder 1scoop (118 calorie) 24p
- P powder ½ scoop (59 calorie) 12p

Total = **140 P, 1150 calories**

Breakfast

- Oats 25gm 95 Cal
- Milk 1 glass 70 Cal
- P powder 1sc 118Cal
- Banana 1 117Cal
- Eggs 2 136Cal

Lunch

- Rice 150gm 150Cal
 - Soya 50gm 76Cal
 - Chicken 200gm 240Cal
 - Eggs 3 204Cal
- (100 extra calories)

Evening

- Skyr 50gm 50Cal
- P powder ½ scoop 59Cal

Dinner

- Chapati 2 170Cal
- Paneer 100gm 265Cal

(100 extra calories)

