

1750 CALORIE CUTTING PLAN

Protein sources

- Soya 50gm (76 calorie) 10p
- Chicken 100gm (120 calorie) 18p
- Chicken breast 200gm (240 calorie) 45p
- Egg 5 no (340 calorie) 25p
- P powder 1scoop (118 calorie) 24p
- P powder ½ scoop (59 calorie) 12p

Total = **140 P, 950 calories**

Breakfast

- Oats 25gm 95 Cal
 - P powder 1sc 118Cal
 - Banana 1 117Cal
 - Eggs 2 136Cal
- (50 extra calories)

Lunch

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

Evening

- P powder ½ scoop 59Cal

Dinner

- Chapati 2 170Cal
- Chicken 100gm 120Cal

(100 extra calories)

3ltr water, 20min cardio(gym)*5

