

# Target Calories-1400kcal

## BREAKFAST

Vegetarian



**Olive oil**

5gm | 45kcal



**Oats/Upma**

35gm / 133kcal



**Milk**

150ml / 88kcal



**Fruits**

100gm | 77kcal

## LUNCH



**Olive oil**

10gm | 90kcal



**Veggies**

150gm / 54kcal



**Paneer**

50gm | 129kcal



**Wheat flour (roti)**

45gm | 155kcal



**Curd**

100gm | 62kcal

\*veggies-carrots,broccoli,zucchini,cabbage,tomato,capsicum,mushroom,spinach,pumpkin, beans

\*lentils-rajma,chickpeas,mung,kidney beans,चना,black eyed peas

\*salad-carrot,cabbage,tomato,onion,beetroot,cucumber,radish,



# Target Calories-1400kcal

## SNACKS

Vegetarian



### Almonds

4gm | 25kcal



### Butter milk

100ml | 41kcal



### Mix seeds

15gm | 83kcal

## DINNER



### Olive oil

10gm | 90kcal



### Veggies

200gm | 72kcal



### Rice (raw)

45gm | 167kcal



### Soya chunks

20gm | 89kcal

## GUIDELINES-

- \* Aim for 7 to 8 hours of sleep.
- \* Use very less salt and sugar.
- \* Stay hydrated drink 3 to 3.5 liter water in a day.
- \* Avoid fried food, bakery items, fast food, processed and packed food.

