

Target Calories-1800kcal

BREAKFAST

Non-vegetarian



Wheat bread

2slice | 160kcal



Peanut butter

1table spoon | 94kcal



Milk

150ml / 88.5kcal



Eggs

4white + 1whole | 137kcal

LUNCH



Olive oil

15gm | 135kcal



Veggies

200gm / 72kcal



Tofu (soya paneer)

50g | 136kcal



Wheat flour (roti)

45gm | 155.2kcal



Curd

150gm | 92kcal

*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-1800kcal

SNACKS

Non-vegetarian



Mix nuts

12gm | 67.8kcal



Fruit (any)

150gm | 132kcal

DINNER



Olive oil

12gm | 108kcal



Rice (raw)

40gm | 138.6kcal



Chicken breast

150gm | 245kcal



Salad

200gm | 39kcal

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.

