

Target Calories-1800kcal

BREAKFAST

Vegetarian



Wheat bread

2slice | 160kcal



Peanut butter

1 table spoon | 94kcal



Milk

200ml / 118kcal



Almonds

5gm | 29kcal

LUNCH



Olive oil

12gm | 108kcal



Veggies

200gm / 72kcal



Paneer

100gm | 321kcal



Wheat flour (roti)

45gm | 155.2kcal



Curd

100gm | 62kcal

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

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

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



Target Calories-1800kcal

SNACKS

Vegetarian



Cheese

20gm | 78kcal



Mix nuts

12gm | 67kcal



Fruit (any)

100gm | 88kcal

DINNER



Olive oil

12gm | 108kcal



Rice (raw)

40gm | 138.6kcal



Rajma

50gm | 166.5kcal



Veggies

100gm | 35kcal

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.

