

Target Calories-2000kcal

BREAKFAST

Non-vegetarian



Wheat bread

2slice | 160kcal



Peanut butter

1 table spoon | 94kcal



Milk

150ml | 88.5kcal



Eggs

4white + 1whole | 137kcal

LUNCH



Olive oil

12gm | 108kcal



Veggies

100gm / 36kcal



Wheat flour (roti)

45gm | 155.3kcal



Paneer

100gm | 321kcal



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-2000kcal

SNACKS

Non-vegetarian



Mix nuts

13gm | 71kcal



Eggs

4white + 1whole | 137kcal

DINNER



Olive oil

12gm | 108kcal



Rice (raw)

40gm | 152.4kcal



Chicken breast

200gm | 330kcal



Salad

200gm | 39.8kcal

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.

