

Target Calories-1200kcal

BREAKFAST

Vegetarian



Olive oil

5gm | 45kcal



Oats/Upma

35gm / 133kcal



Yogurt

100gm / 73kcal

LUNCH



Olive oil

12gm | 108kcal



Veggies (cooked)

150gm / 98kcal



Lentils

50gm | 81kcal



Wheat flour (roti)

45gm | 155.3kcal



Salad

100gm | 20kcal

*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-1200kcal

SNACKS

Vegetarian



Mix nuts

12gm | 67.8kcal

DINNER



Olive oil

12gm | 108kcal



Rice (row)

30gm | 110kcal



Paneer

50gm | 129kcal



Veggies

200gm | 72kcal

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.

