

Target Calories-1200kcal

BREAKFAST

Non-vegetarian



Olive oil

12gm | 108kcal



Egg (white)

4eggs / 68kcal



Dosa batter

50gm / 67.8kcal

LUNCH



Olive oil

15gm | 135kcal



Veggies

200gm / 72kcal



Wheat flour (roti)

45gm | 155.3kcal



Curd

150gm | 94.5kcal



Soya chunks

50gm | 173.2kcal

*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

Non-vegetarian



Mix nuts

13gm | 79kcal

DINNER



Olive oil

12gm | 108kcal



Veggies

200gm | 72kcal



Eggs (white)

4eggs | 68kcal

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.

