

# Target Calories-1600kcal

## BREAKFAST

Vegetarian



### Ghee

12gm | 108kcal



### Dosa batter

65gm | 98.4kcal



### Milk

150ml / 118kcal



### Sprouts

100gm | 29kcal

## LUNCH



### Olive oil

12gm | 108kcal



### Veggies

150gm / 54kcal



### Lentils

40gm | 144kcal



### 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,चना,black eyed peas



# Target Calories-1600kcal

## SNACKS

Vegetarian



### Mix nuts

12gm | 67.8kcal



### Fruit (any)

100gm | 88kcal

## DINNER



### Olive oil

12gm | 108kcal



### Rice (raw)

40gm | 138.6kcal



### Paneer

100gm | 321kcal

## 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.

