

# Target Calories-2000kcal

## BREAKFAST

Vegetarian



### Olive oil

15gm | 135kcal



### Upma\Oats

100gm | 208kcal



### Mix seeds

15gm | 83kcal

## LUNCH



### Olive oil

12gm | 108kcal



### Veggies

200gm / 72kcal



### Wheat flour (roti)

45gm | 155.2kcal



### Paneer

100gm | 321kcal



### Curd

150gm | 94.5kcal



### Salad

200gm | 34kcal

\*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

Vegetarian



### Cheese

20gm | 78kcal



### Mix nuts

15gm | 91kcal



### Fruit (any)

150gm | 132kcal

## DINNER



### Olive oil

12gm | 108kcal



### Rice (raw)

50gm | 173.2kcal



### Soya chunks

50gm | 173.2kcal



### Veggies

100gm | 34kcal

## 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.

