

Target Calories-1400kcal

BREAKFAST

Non-vegetarian



Ghee

12gm | 108kcal



Milk

150ml | 88.5kcal



Dosa batter

70gm / 105.8kcal

LUNCH



Olive oil

10gm | 90kcal



Veggies

150gm / 54kcal



Wheat flour (roti)

45gm | 155.3kcal



Egg (whole)

3 piece | 207kcal



Curd

100gm | 62kcal

*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-1400kcal

SNACKS

Non-vegetarian



Mix nuts

15gm | 85kcal

DINNER



Olive oil

10gm | 90kcal



Veggies

125gm | 48kcal



Chicken breast

100gm | 197kcal



Rice (raw)

30gm | 110kcal

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.

