

## MEAL #1 MORNING (8:00 AM)

ITEMS	PRO	CARBS	FATS	CALS
OATS (50G)	7.1	33	4.9	204.5
PEANUTS(32G)	8.9	5.1	16.6	205.4
WHEY ISO(30G)	24	2.1	1	113.4
MILK(300ML)	9.9	15	4.5	140.1
BANANA(100G)	1	23	0	96
TOTAL	50.9	78.2	27	759.4

## MEAL #2 BREAKFAST (11:00 AM)

ITEMS	PRO	CARBS	FATS	CALS
PUFF RICE(15G)	0.9	13	0	55.6
PEANUTS(15G)	3.8	2.7	7	89
CHANE(15G)	5.1	17	2	106.4
SOYA(25G)	13.2	8.3	0.2	87.8
TOTAL	23	41	9.2	338.8

## MEAL #3 LUNCH (14:00 PM)

ITEMS	PRO	CARBS	FATS	CALS
RICE(25G)	1.6	19.2	0	83.2
DAAL(25G)	5.5	15	1.5	95.5
SOYA(55G)	29.1	18.3	0.4	193.2

Paneer (50G)	10	2.2	12.5	161.3
DAHI/CURD(100G)	3.7	5	3	61.8
TOTAL	49.9	59.7	17.4	595

#### MEAL #4 PREWORKOUT (17:00 PM)

ITEMS	PRO	CARBS	FATS	CALS
PATATO/SP(200G)	4	41	0	180
DAHI/CURD(100G)	3.7	5	3	61.8
WHEY(20G)	15.6	1.5	1	77.4
TOTAL	23.3	47.5	4	319.2

#### MEAL #5 POSTWORKOUT (21:00 PM)

ITEMS	PRO	CARBS	FATS	CALS
WHEY(30G)	23	4.6	1.7	125.7
TOTAL	23	4.6	1.7	125.7

#### MEAL #6 DINNER (23:00 PM)

ITEMS	PRO	CARBS	FATS	CALS
RICE(25G)	1.6	19.2	0	83.2
DAAL(25G)	5.5	15	1.5	95.5
SOYA(55G)	29	18.3	0.4	192.8
DAHI/CURD(100G)	3.7	5	3	61.8

TOTAL	39.8	57.5	4.9	433.3
-------	------	------	-----	-------

OVERALL MACROS	PRO	CARBS	FATS	CALS
-------------------	-----	-------	------	------

COMPLETED	<b>209.9</b>	<b>288.5</b>	<b>64.2</b>	2571
-----------	--------------	--------------	-------------	------

In Percentage % >	32.651	44.878	22.47	
-------------------	--------	--------	-------	--

TARGET	<b>205.71</b>	<b>289.28</b>	<b>65.71</b>	
--------	---------------	---------------	--------------	--

In Percentage % >	32	45	23	
-------------------	----	----	----	--