



ATHLETIC

## Anum Asif

Diet Plan for 15 Days

### Macros:

- CHO: 142g
- Protein: 94g
- Fat: 35g
- Calories: 1258

### Monday:

Breakfast	Lunch	Dinner
2 toasted bran bread	120g Boiled Brown Rice	80g Whole-wheat Chapatti
1 egg scrambled in 1 tbsp. oil	100g Cooked Lentils(2 tbsp. oil for Tarka)	50g onions+100g Tomatoes for gravy+1 tbsp. Extra virgin Olive oil for cooking
1 cup tea (1/2 milk + ½ water) with 1 tsp. sugar	1 Cup Lettuce	80g Cooked Chicken Boneless
		1 cucumber

**Snack:** 150g plain yogurt

## **Tuesday**

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Dinner</u></b>
1 tbsp. chia seeds soaked in 1 glass of water	<i>Cauliflower, peas and Potatoes Curry</i>	<i>Chickpea chicken Curry</i>
2 Toasted bran bread	150g Cauliflower+100g Potatoes+100g Green Peas	80g Cooked White Chickpea+80g chicken boneless
1 tsp. any jam	1 tbsp. Olive/canola Oil + 50g Onions+100g Tomatoes For curry	50g onions+100g Tomatoes +1 tbsp. oil
200ml fresh Orange Juice	1 whole wheat whole wheat Bread	80g Whole wheat Chapatti
		1 cucumber

**Snack:** 150g grapefruit

## **Wednesday**

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Dinner</u></b>
<i>Moong Daal Cheela</i>	80g Whole wheat chapatti	<i>Capsicum Smoked Chicken Mince</i>
150 gm. moong dal(soaked) 4-5 diced Paneer piece 2 tbsp. capsicum and cabbage - chopped	200g cooked any vegetable(in 1 tbsp. oil)	50g Bell Pepper chopped

1 tbsp. onions - chopped Salt - to taste 1 Chopped-green chili		
1 tbsp. canola oil	30g Salsa	1 tbsp. Canola Oil for cooking
		50g Onions+100g Tomatoes for gravy
		90g Chicken mince(Use piece of coal to smoke)
		80g Chapatti
		1 medium raw Carrot

**Evening Snack:** 150g grapefruit

### **Moong Daal Cheela**

- Soak the moong dal overnight and grind it with some salt into a consistent flowing batter.
- Add all the vegetables and spices.
- Heat nonstick pan and spread some batter in a circular motion over it.
- Dab some ghee on top and flip it over to cook for a few minutes.
- Serve with mint chutney and sweet chutney.

### **Salsa Recipe**

- 4 large tomatoes , diced (to yield 2 cups)
- 4 tbsp. chopped white onion
- 3 tablespoons chopped fresh cilantro
- 2 green chilies chopped
- 1 1/2 teaspoons fresh lemon juice
- 3/4 teaspoon salt (or to taste)

- 1 small garlic clove, minced

Combine all the ingredients in a bowl. If you prefer a smoother texture—more like jarred—pulse half the salsa in a food processor, then combine it with the remaining chunky half. Cover tightly and refrigerate for up to 5 days.

## Thursday

Breakfast	Lunch	Dinner
80g whole wheat Roti	110g Boiled Brown Rice	80g Whole-wheat Chapatti
1 egg scrambled in 1 tbsp. oil(add 100g vegetables of your choice)	100g Cooked Yellow Lentils(2 tbsp. oil for Tarka)	50g onions+50g Tomatoes for gravy+1 tbsp. Extra virgin Olive oil for cooking
1 cup tea (1/2 milk + ½ water) with 1 tsp. sugar	1 Cup Lettuce	90g Cooked Chicken Boneless

**Snack:** 150g plain yogurt

## Friday

Breakfast	Lunch	Dinner
1 tbsp. chia seeds soaked in 1 glass of water	<i>Cauliflower, peas and Potatoes Curry</i>	<i>Chickpea chicken Curry</i>
2 Toasted Bran bread	150g Cauliflower+100g Potatoes+100g Green Peas	80g Cooked White Chickpea+80g chicken boneless

1 tsp. Vegetable spread	1 tbsp. Olive/canola Oil + 50g Onions+100g Tomatoes For curry	50g onions+100g Tomatoes +1 tbsp. oil
200ml fresh Orange Juice	1 whole wheat Pita Bread	80g Whole wheat Chapatti
		1 cucumber

**Snack:** 1 cup tea with ½ tsp. sugar

## Saturday

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<i>Fruit Yogurt Bowl</i>	80g Whole wheat chapatti)	<i>Capsicum Smoked Chicken Mince</i>
150g Plain Yogurt	1 egg scrambled in 1 tsp. Canola oil	50g Bell Pepper chopped
150g Apple cut in cubes	30g Salsa	1 tbsp. Canola Oil for cooking
1 tbsp. chia seeds		50g Onions+100g Tomatoes for gravy
		90g Chicken mince(Use piece of coal to smoke)
		80g Chapatti
		1 medium raw Carrot

**Snack:** 120ml low fat milk +6 almonds

**Sunday**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<i>Spinach Banana Smoothie</i>	<i>1 whole wheat pita bread</i>	<i>Chicken and Lentil Curry</i>
½ cup fresh spinach	90g k & N's chicken tikka chunks	80g Cooked Whole Lentils
70g frozen Banana	20g chili garlic sauce	1 tbsp. Oil +50g Onions+100g Tomatoes for gravy
1 tsp. flax seeds	70g lettuce	Add 80g Chicken Boneless
100g Low fat milk + 100g Plain Yogurt		80g Whole wheat Chapatti
		1 cucumber+1 cup Lettuce
1 Bran Bread with ½ tsp. Jam		

**Evening Snack:** 150g orange