

Meal Planner (Gain)

Breakfast

2 bananas + 2 Slices of brown bread
with peanut butter or 1 cup oats or
museli
1 Cup Milk
1 Apple

Notes

- Avoid Fries
- Avoid Sweets
- Drink 10-15 Glasses of Water

Lunch

200gm Roaster Paneer with Brown
Rice + veg salad or Dal with 2
Chapatties + 1 cup curd(optional)

Before Bed

1 Cup of milk + 10
Almonds + 10-15
Raisens

Mid Meal

Dry Fruits + Green
Tea or Lemmon
Tea

Mid Meal

2 slices of brown
bread with peanut
butter

Dinner

Dal with 2 Chapatties + 1 Cup of
curd(veg salad)

