

Breakfast:



Option 1:

- 3 Egg Whites + 1 Whole Egg Omelette with vegetables (spinach, tomatoes, onions, bell peppers)
- 1 slice of whole-grain bread
- 1 glass of skimmed milk



Option 2:

- 1 scoop of whey protein mixed with water or milk
- 1 small bowl of oats cooked with water or milk, topped with a few nuts and seeds
- 1 fruit (apple/banana)

Mid-Morning Snack:

- 1 fruit (apple/orange)
- 10 soaked almonds

Lunch:



Option 1:

- 1 cup of rice
- 1 cup of mixed vegetable curry (without too much oil)
- 1 small bowl of dal
- 1 cup of Dahi



Option 2:

- 2 whole-wheat chapatis
- 1 cup of paneer (cottage cheese) curry
- 1 bowl of mixed vegetable salad

Before workout:

- 1-2 Banana

After Workout:

- 1 scoop whey protein

Dinner:



Option 1:

- 1 cup of Dal
- 1 small bowl of rice or 2 whole-wheat chapatis(without ghee)

Hydration:

- Drink at least 8-10 glasses of water per day.
- can also include herbal teas or lemon water.