



Your performance is excellent! Keep up the good work and maintain your current diet.
Best Increase ->144.0%
Worst Increase ->-70.49180327868852%
Max rep ->96 on 2023-04-18
Min rep ->3 on 2023-04-30

Diet Chart for You

Breakfast:

- 2-3 chapatis
- 1 bowl of vegetable curry
- 1 bowl of curd
- 1 cup of tea or coffee

Mid-Morning Snack:

- 1 bowl of fruits
- 1 glass of buttermilk

Lunch:

- 2-3 chapatis
- 1 bowl of dal
- 1 bowl of vegetable curry
- 1 bowl of curd
- 1 bowl of salad

Evening Snack:

- 1 bowl of fruits
- 1 glass of buttermilk
- 1 cup of tea or coffee

Dinner:

- 2-3 chapatis
- 1 bowl of dal
- 1 bowl of vegetable curry
- 1 bowl of curd
- 1 bowl of salad

Post-Workout Snack:

- 1 bowl of fruits
- 1 glass of butterm