Time	Meal	Calories	Protein		
Morning	2 Bananas + 2 Eggs + Peanuts	+ Soaked	Chickpe	as 680 c	al 26g
Lunch	1 cup Rice + 1 cup Lentils + 100	g Meat + '	Veg 7	720 cal 2	29g
Afternoon	Option 1: Flattened Rice + Milk	+ Banana	+ Jagge	ry 480 ca	l 8g
C	ption 2: Boiled Corn + Raisins + D	ates	345 ca	al 6g	
C	ption 3: Fruit Salad + Nuts	30	00 cal 5	g	
Dinner	1 cup Rice + 2 Eggs + Mashed F	otato/Veg	getables	500 cal	12g

Day B - Eggs Only Day

Time	Meal	Calories	Protein			
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Morning	2 Bananas + 2 Eggs + Peanuts	+ Soaked	Спіскреа	s 680 cai 26	og	
Lunch	1 cup Rice + 1 cup Lentils + 2 Eq	gs + Veg	660	cal 21g		
Afternoon	Option 1: Flattened Rice + Milk	+ Banana	+ Jagger	y 480 cal 8g		
Option 2: Boiled Corn + Raisins + Dates 345 cal 6g						
C	ption 3: Fruit Salad + Nuts	30	0 cal 5g			
Dinner	1 cup Rice + 2 Eggs + Vegetable	s/Mashed	l Potato	500 (+120) cal	12g (+6g)	