

Day A - Meat Day

Time	Meal	Calories	Protein

Morning	2 Bananas + 2 Eggs + Peanuts + Soaked Chickpeas	680 cal	26g
Lunch	1 cup Rice + 1 cup Lentils + 100g Meat + Veg	720 cal	29g
Afternoon	Option 1: Flattened Rice + Milk + Banana + Jaggery	480 cal	8g
	Option 2: Boiled Corn + Raisins + Dates	345 cal	6g
	Option 3: Fruit Salad + Nuts	300 cal	5g
Dinner	1 cup Rice + 2 Eggs + Mashed Potato/Vegetables	500 cal	12g

Day B - Eggs Only Day

Time	Meal	Calories	Protein

Morning	2 Bananas + 2 Eggs + Peanuts + Soaked Chickpeas	680 cal	26g
Lunch	1 cup Rice + 1 cup Lentils + 2 Eggs + Veg	660 cal	21g
Afternoon	Option 1: Flattened Rice + Milk + Banana + Jaggery	480 cal	8g
	Option 2: Boiled Corn + Raisins + Dates	345 cal	6g
	Option 3: Fruit Salad + Nuts	300 cal	5g
Dinner	1 cup Rice + 2 Eggs + Vegetables/Mashed Potato	500 (+120) cal	12g (+6g)