

veg:  
calories:2500-2600  
note:this diets are based on personal experience and which are proven  
to be working  
#breakfast#  
-oats:150grms(120 calories)  
-1 fruit bowl(180 calories)  
-2 roti 6 inch(140 calories) (or)dosa(or)idly  
#brunch#  
-10 almonds(70 calories)  
-1 sliced cucumber medium(20 calories)  
-2 slice bread with peanut butter(280 calories)  
#lunch#  
-2 rotis 6 inch(140calories)  
-rice 200grms(210calories)  
-veggies(any) 100grms (100 calories)  
-paneer 100grms(or)tofu (320 calories)  
#snacks#  
-5 almonds(35 calories)  
-3 egg whites(or)whey 1 scoop(50 calories)  
-milk with cerials 1 bowl(200 calories)  
#pre-workout#  
-1 coffee  
-2 slice bread(140 calories)  
-2 egg whites(35 calories)  
#dinner#  
-sprouts 150grms(45 calories)  
-1 roti with stuffing(210calories)  
-flax seeds 2 tablespoons(70 calories)  
#supper#  
-paneer 50grms(160 calories)  
- yogurt 50 grms(80 calories)