

veg:

calories:1600-1700

note:this diets are based on personal experience and which are proven to be working

#breakfast#

-oats:100grms(80 calories)

-1 fruit bowl(180 calories)

-1 roti 6 inch(70 calories)

#brunch#

-5 almonds(35 calories)

-1 sliced cucumber medium(20 calories)

-2 slice bread with peanut butter(280 calories)

#lunch#

-1 rotis 6 inch(70calories)

-rice 100grms(110 calories)

-veggies 100grms (100 calories)

-paneer 100grms (320 calories)

#snacks#

-5 almonds(35 calories)

-3 egg whites(or)whey 1 scoop(50 calories)

#dinner#

-sprouts 150grms(45 calories)

-1 roti with stuffing(210calories)

-milk 200ml(70 calories)