

veg:
calories:2700-2800
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#
-3 rotis 6 inch(210calories)
-rice 200grms(210calories)
-veggies(any) 100grms (100 calories)
-paneer 100grms(or)tofu (320 calories)
#snacks#
-10 almonds(70 calories)
-3 egg whites(or)whey 1 scoop(50 calories)
-milk with cerials 1 bowl(200 calories)
-1 fruit bowl(small) (100 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)