

veg:
calories:2100-2200
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)
-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 150grms(160calories)
-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)
#pre-workout#
-1 coffee
-1 slice bread(70 calories)
-2 egg whites(35 calories)
#dinner#
-sprouts 150grms(45 calories)
-1 roti with stuffing(210calories)
#supper#
-milk 200ml(70 calories)
-paneer 50grms(160 calories)