

non-veg:
calories:1800-1900
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)
#brunch#
- 5 almonds(35 calories)
- 1 whole egg(50 calories)
- 2 slice bread with peanut butter(280 calories)
#lunch#
- 2 rotis 6 inch(145calories)
- rice 100grms(110 calories)
- veggies 100grms (100 calories)
- chicken boneless (ortuna(or)tilapia -150grms(160 calories)
#snacks#
- 5 almonds(35 calories)
- 3 egg whites(50 calories)
- 3 brown bread slices(260 calories)
#dinner#
- sprouts 100grms(30 calories)
- 1 roti with stuffing(210calories)
- yogurt 50grms(80 calories)
- chicken 50gms(55 calories)