

veg:  
calories:1500-1600  
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(50 calories)  
#dinner#  
-sprouts 150grms(45 calories)  
-1 roti with stuffing(210calories)  
-curd 50grms