

veg:
calories:1900-2000
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)(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(160 calories)
- 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)
- milk 200ml(70 calories)