

non-veg:  
calories:Above 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)  
- milk 8oz(150 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)  
- 3brown bread slices(260calories)  
#dinner#  
- sprouts 100grms(30 calories)  
- 1 roti with stuffing(210calories)  
- yogurt 50grms(80 calories)  
- chicken 50gms(55 calories)