

- Diet Plan for Neeshu aka Monku
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Diet Plan for Neeshu aka Monku

After Waking Up.

- 1 glass luke warm water (**before fresh up**)
- (optional) 500ml-1 ltr water - Good for Hydrating body as body loose water overnight.
- 1 cup amla juice (ingredients to include 1-2 Amla, Ginger, curry leaves, black pepper, pink salt): **After Fresh up**

Morning (Before Breakfast or along with it)

1. Option 1:

- 1 banana: **27g carbs, 1g protein, 0g fat | 105 kcal**
- 4 soaked almonds (**Peel before eating**): **2g carbs, 2g protein, 4g fat | 45 kcal**
- 4-6 black raisins: **6g carbs, 0.2g protein, 0g fat | 24 kcal**
- **Total: 29g carbs, 3g protein, 4g fat | 150 kcal**

2. Option 2:

- **1 slice whole wheat bread + 1 tsp peanut butter: 14g carbs, 4g protein, 4g fat | 120 kcal**

3. Option 3:

- **1 date: 5g carbs, 0.1g protein, 0g fat | 20 kcal**
 - **1 glass coconut water: 9g carbs, 0g protein, 0g fat | 45 kcal**
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Breakfast

1. Option 1:

- Poha with veggies and peanuts (1 cup): **35g carbs, 6g protein, 7g fat | 220 kcal**
- Soy milk (1 glass): **6g carbs, 6g protein, 4g fat | 80 kcal**
- **Total: 41g carbs, 12g protein, 11g fat | 300 kcal**

2. Option 2:

- Upma with veggies (1 cup): **35g carbs, 6g protein, 5g fat | 220 kcal**
- 1 bowl curd: **3g carbs, 3g protein, 1.5g fat | 40 kcal**

3. Option 3:

- Moong dal chilla (2): **20g carbs, 10g protein, 3g fat | 150 kcal**

4. Option 4:

- Oats porridge with nuts (1 bowl): **25g carbs, 5g protein, 6g fat | 180 kcal**

5. Option 5:

- 2 stuffed parathas with methi or paneer: **40g carbs, 8g protein, 6g fat | 260 kcal**
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Mid-Morning Snack

1. Option 1:

- 1 fruit (apple/orange/guava): **20g carbs, 0g protein, 0g fat | 80 kcal**

2. Option 2:

- 1 glass buttermilk: **4g carbs, 2g protein, 1g fat | 40 kcal**

3. Option 3:

- Roasted makhana (1 handful): **10g carbs, 2g protein, 2g fat | 60 kcal**
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Lunch

1. Option 1:

- 2 multigrain rotis: **30g carbs, 6g protein, 2g fat | 150 kcal**
- 1 bowl dal (moong/toor): **12g carbs, 6g protein, 1g fat | 90 kcal**
- 1 cup sabzi: **8g carbs, 2g protein, 1g fat | 50 kcal**
- Salad (cucumber, tomato): **5g carbs, 1g protein, 0g fat | 25 kcal**
- **Total: 55g carbs, 15g protein, 4g fat | 315 kcal**

2. Option 2:

- Vegetable khichdi (1 bowl): **40g carbs, 6g protein, 2g fat | 200 kcal**
- Curd (1 small cup): **3g carbs, 3g protein, 1g fat | 40 kcal**

3. Option 3:

- Rajma with brown rice (1/2 cup each): **35g carbs, 8g protein, 2g fat | 200 kcal**
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Evening Snack (Pre-Workout)

1. Option 1:

- Boiled sweet potato (1 medium): **25g carbs, 2g protein, 0g fat | 100 kcal**

2. Option 2:

- Sprout chaat (1 small bowl): **15g carbs, 7g protein, 1g fat | 100 kcal**

3. Option 3:

- Black coffee (no sugar) + 2 digestive biscuits: **10g carbs, 1g protein, 3g fat | 50 kcal**

4. Option 4:

- Roasted chana (1/2 cup): **15g carbs, 7g protein, 1g fat | 90 kcal**
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Dinner (Post-Workout)

1. Option 1:

- 2 multigrain rotis: **30g carbs, 6g protein, 2g fat | 150 kcal**
- Paneer stir-fry (75g): **2g carbs, 15g protein, 10g fat | 140 kcal**
- 1 cup sabzi: **8g carbs, 2g protein, 1g fat | 50 kcal**
- **Total: 40g carbs, 23g protein, 13g fat | 340 kcal**

2. Option 2:

- Moong dal khichdi (1 bowl): **35g carbs, 6g protein, 2g fat | 180 kcal**

3. Option 3:

- Vegetable soup + paneer salad: **20g carbs, 10g protein, 5g fat | 150 kcal**
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Post-Dinner (Optional)

1. Option 1:

- Turmeric milk (1 glass): **12g carbs, 4g protein, 4g fat | 120 kcal**

2. Option 2:

- 2 pieces dark chocolate: **8g carbs, 1g protein, 5g fat | 80 kcal**
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Weekly Macro Totals (Approximation)

- **Carbs:** ~270–300g

- **Proteins:** ~80–90g
- **Fats:** ~40–50g
- **Calories:** ~1,800–2,000 kcal/day