

Vegan balance diet

Warm water after wakeup

09:00 AM

- soaked almonds , pista , dry grapes, walnuts

09:15 AM

- 1 glass of soy milk, samolina(rava) items (dosa,idli,halwa) etc

11:30 AM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

01:00 PM

- indian bread (multigrain,if possible), all types(Veg) of sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot, beet (if possible uncutted)), bow of dal

03:30 PM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

05:30 PM

- 1 glass of soy milk

08:00-
0900 PM

- indian bread (multigrain,if possible), all types(tofu preferred)
of sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot, beet (if possible uncutted)),
bowl of dal,

!!eat raw tofu, seitan, moong, sprouts, after workout!!