

➤ **Category 1: Weight < 50**

Welcome let's start with a new journey!!

Enter your weight:

49

1.bulk

2.maintain

3.cutt

Enter your choice:

1

Your basic calorie requirement is atleast 2000 cals per day with 100 gms of protein

Now, let's start from the breakfast:

4 Brown Breads

Peanut Butter

5 Hard Boiled Egg

Lunch:

Rice with any vegetables available

Source of Non-Veg Protein such as Meat, Fish or Egg

Curd

Evening:

Oats 1 bowl

2 bananas

Dinner:

Chapatis with vegetables

1 Glass of Milk with whey

Vegan Protein such as Paneer, Mushrooms, Soya beans.

➤ **Category 2: Weight > 50 or weight <70**

Welcome let's start with a new journey!!

Enter your weight:

55

1.bulk

2.maintain

3.cutt

Enter your choice:

2

Your basic calorie requirement is atleast 2600 Cals per day with 130 gms of protein  
Now, let's start from the breakfast:

6 Brown Breads

Peanut Butter

4 Hard Boiled Egg

Lunch:

Rice with any vegetables available

Source of Non-Veg Protein such as Meat, Fish or Egg

Curd

Evening:

Oats 1 bowl

2 bananas

Dinner:

Chapatis with vegetables

1 Glass of Milk

Vegan Protein such as Paneer, Mushrooms, Soya beans.

➤ **Category 3: Weight > 70**

Welcome let's start with a new journey!!

Enter your weight:

75

1.bulk

2.maintain

3.cutt

Enter your choice:

3

Your basic calorie requirement is atleast 2000 cals per day with 100 gms of protein  
Now, let's start from the breakfast:

4 Brown Breads

Peanut Butter

5 Hard Boiled Egg

Lunch:

Rice with any vegetables available

Source of Non-Veg Protein such as Meat, Fish or Egg

Curd

Evening:

Oats 1 bowl

2 bananas

Dinner:

Chapatis with vegetables

1 Glass of Milk with whey

Vegan Protein such as Paneer, Mushrooms, Soya beans.