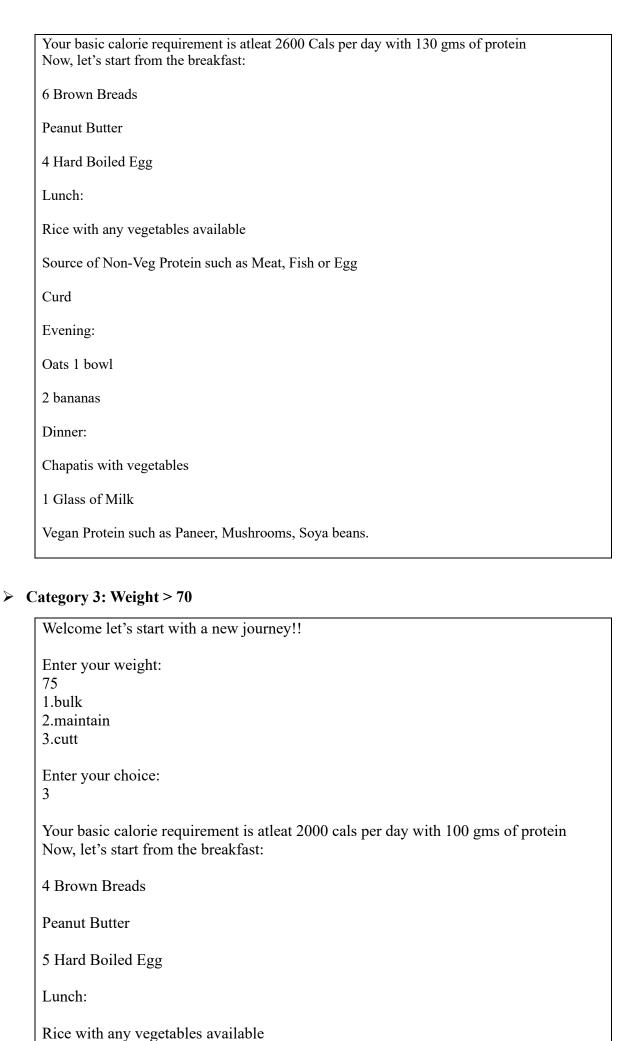
> Category 1: Weight < 50

Welcome let's start with a new journey!!
Enter your weight:
1.bulk
2.maintain
3.cutt
Enter your choice:
Your basic calorie requirement is atleat 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



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.