

NUTRITION PLAN- STUDENTS & HOSTELERS

Note: THIS DIET CHART IS A GENERAL DIET CHART FOR HEIGHT GRWOTH AS PER 2000 Kcal.
Use this DIET CHART after fixing the quantity ACCORDING TO your requirements. Quantity of ingredients will depend on individual's daily calorie requirement (MAINTENANCE CALORIES and macro-setup)

NUTRITION

FOR NON-VEG

MEAL 1

- 1/2 cup Oats (60g)
- 5 Boiled Eggs (1 whole +4 white)
- 1 banana
- 250ml milk
- Sprinkle cinnamon

MEAL 2

- Omelette (5 egg whites +1 Whole egg)
- 2 tb spoon (Onions + tomato)
- 1/2 cup Papaya/Mango [optional]
- 2 slice whole wheat bread

MEAL 3

- 1 cup Brown Rice OR 200g Sweet potato
- 2 tb spoon (Onions + tomato)
- 1/2 cup broccoli Or Cabbage Or Cauliflower(Pan fried)
- 100g Chicken breast(grilled/pan fried)

MEAL 4

- 1/2 cup yogurt/Dahi (low fat)
- 1 Banana(medium)
- 10 Cashews Or Almonds (optional)
- 1tb Honey (no added sugar) [optional]

MEAL 5

- 2 Whole Wheat ROTI
- 100g Fish Chicken breast(grilled/pan fried)
- Salad (Cabbage, Cucumber, tomato)
- Salsa Sauce Or Tomato chutney (Home made less salt)

MEAL 6

- 250ml Non-fat Milk
- 10 Almonds
- Sprinkle cinnamon

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FOR VEG

MEAL 1

- 1/2 cup Oats(60g)
- 10 Almonds
- Peanut butter (1 serving) Or handful Raw peanuts(Unsalted)
- Half apple
- 200ml milk
- Sprinkle cinnamon

MEAL 2

- 150g Low fat Paneer
- 1/2 cup Spinach
- 1/2 cup Papaya/Mango
- 2 slice whole wheat bread

MEAL 3

- 1 cup Brown Rice OR 150g Sweet potato
- 2 tb spoon (Onions + tomato)
- 1/2 cup Or Cabbage Or Cauliflower(Pan fried)
- 120g Soya bean (Daal)

MEAL 4

- 1/2 cup yogurt/Dahi (low fat)
- 10 Cashews or 10 Almonds

- 1 Banana(medium)
- 1tb Honey (no added sugar)[OPTIONAL]

MEAL 5

- 2 Whole Wheat ROTI
- 100g lentils (Daal) Or 100g Kidney beans
- Salad (Cabbage, Cucumber, tomato)
- Salsa Sauce Or Tomato chutney (Home made less salt)

MEAL 6

- 250ml Non-fat Milk
- 10 Almonds
- Sprinkle cinnamon

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JEET SELAL
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