

# Day 1 Food Intake Nutritional Analysis, June 10, 2025

## Pre-Workout

Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Honey	5g	15 kcal	0.0	4.0	0.0	0.0
Banana	1 (100g)	89 kcal	1.0	23.0	0.3	2.5
<b>Total</b>		<b>104 kcal</b>	<b>1.0</b>	<b>27.0</b>	<b>0.3</b>	<b>2.5</b>

## Breakfast

Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Oats	50g	190 kcal	6.0	30.0	3.5	4.0
Milk (low fat)	150ml	67 kcal	5.0	7.0	2.5	0.0
Nutella	10g	53 kcal	0.6	5.6	3.0	0.3
<b>Total</b>		<b>310 kcal</b>	<b>11.6</b>	<b>42.6</b>	<b>9.0</b>	<b>4.3</b>

## Lunch

Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Chicken breast	200g	330 kcal	62.0	0.0	6.0	0.0
Cooked Rice	150g	180 kcal	3.5	39.0	0.5	0.5
Daal (cooked)	50g	65 kcal	5.0	10.0	1.0	2.0
Cucumber	200g	30 kcal	1.0	7.0	0.1	1.5
Carrot	100g	41 kcal	1.0	10.0	0.2	2.8
Cabbage	100g	25 kcal	1.0	6.0	0.1	2.5
Meal Maker (Soya)	10g	50 kcal	5.2	3.0	0.3	0.5
Chana (boiled)	10g	35 kcal	2.0	5.0	0.5	1.5
Rajma (boiled)	10g	35 kcal	2.0	6.0	0.5	1.2
Kala Chana	10g	35 kcal	2.0	5.0	0.5	1.3
<b>Total</b>		<b>826 kcal</b>	<b>84.7</b>	<b>86.0</b>	<b>9.7</b>	<b>11.3</b>

## Dinner

Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Soya chunks (dry)	40g	180 kcal	21.0	9.0	1.0	2.0
Boiled Egg Whites	5 whites	90 kcal	18.0	2.0	0.0	0.0
Paneer (low fat)	50g	110 kcal	9.0	2.0	5.0	0.0
Cooked Vegetables	150g	70 kcal	2.0	10.0	1.0	3.0
Olive Oil (for cooking)	10g (2 tsp)	90 kcal	0.0	0.0	10.0	0.0
Sweet Potato (boiled)	100g	90 kcal	2.0	20.0	0.1	3.0
<b>Total</b>		<b>630 kcal</b>	<b>52.0</b>	<b>43.0</b>	<b>17.1</b>	<b>8.0</b>

## Daily Nutritional Summary

Nutrient	Total Intake
Calories	1,875–1,900 kcal
Protein	158 g
Carbohydrates	203 g
Fat	35 g
Fiber	26 g