

Day 2 Food Intake Nutritional Analysis, June 11, 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 medium | 100 kcal | 1.2 | 27.0 | 0.3 | 3.0 |
| Lemon | 1 | 8 kcal | 0.2 | 3.0 | 0.0 | 0.3 |
| Total | | 123 kcal | 1.4 | 34.0 | 0.3 | 3.3 |

Breakfast

| Item | Quantity | Calories | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) |
|--------------|----------|-----------------|-------------|-------------|-------------|------------|
| Oats | 50g | 190 kcal | 6.0 | 32.0 | 3.5 | 5.0 |
| Milk | 150ml | 90 kcal | 4.5 | 7.0 | 4.0 | 0.0 |
| Nutella | 10g | 55 kcal | 0.6 | 5.8 | 3.3 | 0.4 |
| Total | | 335 kcal | 11.1 | 44.8 | 10.8 | 5.4 |

Lunch

| Item | Quantity | Calories | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) |
|---------------------|---------------|-------------------|-------------|-------------|--------------|-------------|
| Chicken | 300g | 495 kcal | | 63.0 | 0.0 | 24.0 |
| Rice | 250g (cooked) | 290 kcal | | 5.0 | 65.0 | 0.7 |
| Daal (raw) | 50g | 170 kcal | | 12.0 | 25.0 | 1.0 |
| Cucumber | 200g | 32 kcal | | 1.4 | 6.0 | 0.2 |
| Carrot | 100g | 41 kcal | | 1.0 | 10.0 | 0.3 |
| Cabbage | 100g | 25 kcal | | 1.0 | 6.0 | 0.1 |
| Meal Maker (Soya) | 10g | 45 kcal | | 3.0 | 0.3 | 1.0 |
| Boiled Chana | 10g | 35 kcal | | 2.0 | 5.0 | 0.5 |
| Rajma (cooked) | 10g | 33 kcal | | 2.0 | 6.0 | 0.3 |
| Kala Chana (boiled) | 10g | 35 kcal | | 2.0 | 6.0 | 0.5 |
| Curd (low-fat) | 110g | 65 kcal | | 4.0 | 6.0 | 2.5 |
| Total | | 1,266 kcal | | 96.4 | 135.3 | 31.1 |

Dinner

| Item | Quantity | Calories | Protein (g) | Carbs (g) | Fat (g) | F |
|---------------------------------|----------|-----------------|-------------|-------------|-------------|---|
| Egg Whites | 5 whites | 85 kcal | 18.0 | 1.0 | 0.0 | |
| Tofu/Pan-Fried Paneer (low fat) | 50g | 105 kcal | 8.0 | 2.0 | 7.0 | |
| Cooked Mixed Veg | 150g | 70 kcal | 3.0 | 10.0 | 1.0 | |
| Olive Oil (for cooking) | 5g | 45 kcal | 0.0 | 0.0 | 5.0 | |
| Total | | 305 kcal | 29.0 | 13.0 | 13.0 | |

Daily Nutritional Summary

| Nutrient | Total Intake |
|---------------|---|
| Calories | 2,054 kcal |
| Protein | ✗ 140 g (You may add 1 scoop whey tomorrow to help) |
| Carbohydrates | ✗ 250 g (a bit high) |
| Fat | 53.7 g |
| Fiber | 29 g |