

## Daily Routine

### TIME

### MEAL DETAILS

7:00AM	5 Kaju- 5 Badam with 2 Banana
8:00AM	(For Veg) Daliya (For Non-Veg) 4 Boiled Eggs
10:00AM	Poha or Upma or Idli
12:00PM	(For Veg) 3 Chapati With Sabji (For Non-Veg) Chicken With Chapati
2:00PM	1 Apple With Chana-Futana Or Lassi Or Faluda
4:00PM	Peanut Butter With Brown Bread
6:00PM	3 Rajgira Laddu
8:00PM	(For Veg) Sabji Chapati With Daal Rice (For Non-Veg) Chicken With Rice
9:00PM	Cow Milk
	Pre-Workout-3 Banana
	Post-Workout-(For Non-Veg) 4 Boiled Eggs Or Boiled Chicken (For Veg) Boiled Sprouts With Peanut Butter And Weight Gainer