

Your Personalized Diet Plan

Name: dd

Calories: 2751 kcal

Protein: 206 g

Fat: 92 g

Carbs: 275 g

Water Intake: 2.8 L

Meal Plan:

Breakfast: Oats porridge, Banana, Almonds

Mid-morning: Green tea, Fruits

Lunch: Brown rice, Dal, Vegetable curry, Curd

Evening Snack: Buttermilk, Roasted chickpeas

Dinner: Roti, Vegetable soup, Salad