

# Your Personalized Diet Plan

Name: v

Calories: 1986 kcal

Protein: 149 g

Fat: 66 g

Carbs: 199 g

Water Intake: 2.8 L

Meal Plan:

Breakfast: Oats porridge, Banana, Almonds (7 pcs)

Mid-morning: Green tea, Seasonal fruit

Lunch: Brown rice (1 cup), Dal, Vegetable curry, Curd

Evening Snack: Buttermilk, Roasted chickpeas (moderate)

Dinner: Roti (2), Vegetable soup, Salad