

Your Personalized Diet Plan

Name: viay

Calories: 50221 kcal

Protein: 3767 g

Fat: 1674 g

Carbs: 5022 g

Water Intake: 3.0 L

Sample Diet 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