

		Calories	Proteins	Carbs	Fats	Fiber
Breakfast (5.00-11:00)						
	1 glass Milk + 1chamng	213	8	22	10.3	0
	2 wallnut	28	0.6	0.4	2.8	0.4
	5 allmonds	35	1.5	1.5	3	1
Total		276	10.1	23.9	16.1	1.4

		Calories	Proteins	Carbs	Fats	Fiber
Lunch 2:00-3:00	1 kattori sabji (gravy)	188	5.7	20.3	9.8	5.2
	3 rotti	255	9	54	0.12	8
Total		443	14.7	74.3	9.92	13.2

		Calories	Proteins	Carbs	Fats	Fiber
Dinner	7 eggs boiled	51	11	0.6	0.6	0
	Dark Choclate	40	0.4	4.6	2.5	0.5
Total		91	11.4	5.2	3.1	0.5

		Calories	Proteins	Carbs	Fats	Fiber
Morning Snacks 11:00-1:00	Sugarcane juice	98	0.3	22.8	0.5	0.3
	cucumber+tomato	78	3.4	16.8	0.7	4.5
Total		176	3.7	39.6	1.2	4.8

		Calories	Proteins	Carbs	Fats	Fiber
Evening Snacks	Chana	330	15.7	55.8	4.9	25.9
	1 glass milk+1 chan	213	8	22	10.3	0
	50 toffu	69	7.8	3.5	2.8	0
Total		612	31.5	81.3	18	25.9

	Result	Calories	Proteins	Carbs	Fats	Fiber
	Required	<1550	77.5	193.8	51.7	30
	Plan	1598	71.4	224.3	48.32	45.8
	% Variation		-7.87097	15.73787	-6.53772	52.66667