



Demo Diet Plan

From: 13/06/2022

Till: 27/06/2022

Name: Chris Dsouza

Intensity: Beginner

Age: 17

BMI: 26.2

Height: 169

Fat %: 24.2

Weight: 74.9

Breakfast (9:00am- 10:00am)	1glass milk + 3 egg omelet
Pre workout	1 cup black coffee
Lunch	100gm paneer sabji + 2tbsp ghee or butter for cooking+ 2 roti + salad(carrot + cucumber + beetroot) + 150gm yogurt
Dinner	1katori any pulses sabji + 2tbsp ghee or coconut oil + 2roti or 1 katori rice
Drink 5L water per day compulsory	