



Demo Diet Plan

From: 14/06/22

Till: 24/06/22

Name: Sahil Landage

Weight: 52

Age: 17

BMI: 17.8

Height: 171

Fat %: 15.5

Breakfast	3 Whole Egg or 50gm Paneer + 1 cheese cube+ 2tbsp Butter
Pre workout	1 cup Black coffee
During Workout	Glucon D powder in 1L water
Post Workout	1 scoop Whey Protein in Water
Lunch	150gm paneer or 200gm chicken+ 1tbsp Ghee or coconut oil for Cooking + 3 roti or 1 and half katori rice+ 100gm curd
Snack Evening	1 seasonal fruit or 2 banana
Dinner	100gm paneer or 250gm chicken + 1tbsp butter/ghee for cooking + Boiled sweetcorn
Note: Drink 5L water compulsory. You can use some vegetables and masala for cooking.	