

Diet 2

1500 Kcal

Breakfast

388 kcal

P: 13.8 C: 76.2 F: 5.0

Note: Between 8-9 AM

Almonds x 5 piece

34.5 kcal

P: 1.3 C: 1.3 F: 3.0

Banana x 100 gm

89.0 kcal

P: 0.8 C: 22.9 F: 0.3

Buttermilk x 250 ml

70.0 kcal

P: 7.5 C: 10.0 F: 0.0

oats x 50 gm

176.7 kcal

P: 3.8 C: 38.0 F: 1.7

Carrots x 40 gm

17.6 kcal

P: 0.4 C: 4.0 F: 0.0

Morning Snack

63 kcal

P: 12.0 C: 1.5 F: 1.0

Note: At 11 AM

Whey x 0.5 scoop

63.0 kcal

P: 12.0 C: 1.5 F: 1.0

Lunch

409 kcal

P: 11.8 C: 55.5 F: 15.4

Note: Between 12-2 PM

Note: In cooked form, roti should be 75 grams or you can have flat roti for 75 grams.

rice x 50 gm

183.0 kcal

P: 3.8 C: 38.0 F: 1.7

Tofu x 75 gm

63.8 kcal

P: 6.0 C: 1.5 F: 3.8

Oil/Butter/Ghee x 10 ml

90.0 kcal

P: 0.0 C: 0.0 F: 10.0

Note: Cauliflower, Cabbage, karela. Basically any green veggies.

Veggies (any) x 200 gm

72.0 kcal

P: 2.0 C: 16.0 F: 0.0

Evening Snack

119 kcal

P: 5.0 C: 9.0 F: 7.0

Note: Between 4-6 PM

Peanuts x 20 gm

119.0 kcal

P: 5.0 C: 9.0 F: 7.0

Dinner**355 kcal**

P: 5.8 C: 56.4 F: 11.7

Note: Between 7-8.30 PM

Note: In cooked form, roti should be 75 grams or you can have flat roti for 75 grams.

rice x 50 gm

183.0 kcal

P: 3.8 C: 38.0 F: 1.7

Veggies (any) x 200 gm

72.0 kcal

P: 2.0 C: 16.0 F: 0.0

Oil/Butter/Ghee x 10 ml

90.0 kcal

P: 0.0 C: 0.0 F: 10.0

Tomato x 80 gm

9.6 kcal

P: 0.0 C: 2.4 F: 0.0

Before Bed**166 kcal**

P: 8.3 C: 21.5 F: 5.3

Milk x 250 gm

130.0 kcal

P: 8.3 C: 12.5 F: 5.3

Note: 1 tablespoon sugar

Sugar x 9 gm

36.0 kcal

P: 0.0 C: 9.0 F: 0.0