Earlyman Lifestyle

Phone: 9538551592 Email: earlymanlifestyle@gmail.com



Kedar Datt

Monday

Breakfast | 09:00 AM

1. Oats : 35 gm

2. Milk, whole, Cow : 100 ml

Meal 2 | 11:00 AM

1. Rice, raw, milled : 50 gm

Tuesday

Breakfast | 09:00 AM

1. Milk, whole, Cow : 100 ml

2. Oats : 35 gm

Meal 2 | 11:00 AM

1. Rice, raw, milled : 50 gm

Wednesday
Meal 1 09:00 AM
Meal 2 11:00 AM
Meal 3 01:00 PM
Meal 4 06:00 PM
Meal 5 09:00 PM
Thursday
Meal 1 09:00 AM
Meal 2 11:00 AM
Meal 3 01:00 PM

Meal 4 06:00 PM
Meal 5 09:00 PM
Friday
Meal 1 09:00 AM
Meal 2 11:00 AM
Meal 3 01:00 PM
Meal 4 06:00 PM
Meal 5 09:00 PM
Saturday
Meal 1 09:00 AM
Meal 2 11:00 AM
Meal 3 01:00 PM
Meal 4 06:00 PM
Meal 5 09:00 PM
Sunday
Meal 1 09:00 AM
Meal 2 11:00 AM
Meal 3 01:00 PM
Meal 4 06:00 PM
Meal 5 09:00 PM

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