

Low carb diet:

pre- workout- Dates-2, dry raisins-10, dry fig-2

Post workout- 1 boiled egg, 1 boiled egg white

Breakfast- Dal dosa/ Dal roti without oil- 2, Curry- 1 katori/ Mixed fruit bowl- 1 bowl

Mid snack-Almonds-2, Cashew-2, pista-4, walnuts-2

Lunch- Sauteed mushroom and tofu with vegetables- 2 katori/ Thin dal/ dal soup- 1 bowl (300 g) and veg stir fry- 1 katori

    Curd- 150ml

Eve snack- Fruit-1, Boiled egg white- 1

Dinner- Low fat paneer bhurji/ Soya chunks bhurji-1 katori/ Vegetable dal soup/ grilled tofu- 1.5 katori

    Veg salad- 1 cup

    Low fat turmeric pepper Milk- 1 glass