

1200 KCal Diet Plan

for Non-vegetarians

MONDAY

EARLY MORNING	fenugreek soaked water (1 glass)	OR	cumin sokaed water (1 glass)	OR	liquor tea (1 cup)
BREAKFAST	vegetable upma (1 1/4cup) with 1 scoop Protein Powder + 1 Protein Powder	OR	poha (3/4 cup) with 1 scoop Protein Powder + 1 Protein Powder	OR	roti (1 pc) + mixed vegetable (1 cup) with 1 scoop Protein Powder + curd (1/4 cup)
MID-MORNING SNACK	1 boiled egg + 1 apple	OR	1 cup of grapes + 1 boiled egg white	OR	mixed fruit salad (1 1/2 cup)
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	spinach corn soup (2 cup)	OR	roasted rice flakes (1/4 cup)	OR	puffed rice salad (1/2 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	vegetable khichdi (1 cup) + roasted papad (3 pcs)	OR	steamed rice (3/4 cup) + potato capsicum sabji (1/4 cup) + soybean curry (3/4 cup)	OR	roti (1 pc) + veg dal (3/4 cup) + bottlegourd (laau) sabji (1 cup)

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TUESDAY

EARLY MORNING	Cumin soaked water (1 glass)	OR	Warm water with lemon juice (1 glass)	OR	Fennel soaked water (1 glass)
BREAKFAST	Oats smoothie (1 glass) + 1 banana	OR	Vegetable Sandwich (white bread) (2 slices) with 1 scoop Protein Powder +1 boiled egg	OR	Poha (3/4 cup) with 1 scoop Protein Powder + 1 Protein Powder
MID-MORNING SNACK	Buttermilk (1 glass) + 1 Protein Powder	OR	1 Guava + green salad (3/4 cup)	OR	Pomegranate (1 cup)
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	Liquor tea (1 teacup)+ masala oats (1 cup)	OR	Sprouts chat (2 cup) + liquor tea (1 teacup)	OR	Spinach corn soup (2 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	½ cup veg DaliaKhichasteamed rice (1/2 cup) + fish curry (1 cup)	OR	1 scoop protein powder + 1 Roti + paneer gravy with potato and peas (1/2 cup) + curd (1/2 cup)	OR	Vegetable khichdi (1 cup) with 1 scoop Protein Powder + roasted papad (3 pcs)

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WEDNESDAY

EARLY MORNING	Cucumber soaked water (1 glass) OR Fenugreek soaked water (1 glass) OR Cumin soaked water (1 glass)
BREAKFAST	spinach omelette (1 pc) with 1 scoop Protein Powder + 1 Protein Powder le + curd (3/4 cup) OR Vegetable upma (1 1/4 cup) with 1 scoop Protein Powder + 1 Protein Powder le OR 1 Roti+ mixed vegetable (1 cup) with 1 scoop Protein Powder + curd (1/4 cup)
MID-MORNING SNACK	Green salad (1 cup) OR 1 Boiled egg + 1 Protein Powder le OR 1 Cup of grapes + 1 boiled egg white
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk
EVENING SNACK (APRX. 150 KCAL)	Roasted rice flakes (1/4 cup) OR Sprouts chat (2 cup) + liquor tea (1 teacup) OR Liquor tea (1 teacup) + masala oats (1 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water
DINNER (APRX. 240 KCAL)	1 scoop protien powder + Steamed rice (1/2 cup) + chicken curry (1 cup) OR Dahlia khichdi (1 1/2 cup) with 1 scoop Protein Powder + poached egg (1 pc) OR Roti (1 pc) + mixed vegetable (1 1/4cup) with 1 scoop Protein Powder

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THURSDAY

EARLY MORNING	Liquor tea (1 cup)	OR	Fennel soaked water (1 glass)	OR	Fenugreek soaked water (1 glass)
BREAKFAST	Oats smoothie (1 glass) + 1 banana	OR	Vegetable sandwich (white bread) (2 slices) with 1 scoop Protein Powder + 1 Boiled egg	OR	Oats Smoothie (1 glass) + 1 Banana
MID-MORNING SNACK	1 Boiled egg + 1 Protein Powder le	OR	Buttermilk (1 glass) + 1 Protein Powder le	OR	Mixed fruit salad (1 1/2 cup)
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	Puffed rice salad (1/2 cup)	OR	Spinach corn soup (2 cup)	OR	Liquor tea (1 teacup) + masala oats (1 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	1 scoop protein powder with a glass of water +				
	Steamed rice (1 cup) + veg dal (1/2 cup) + soybean curry (1/4 cup)	OR	1 Roti + fish curry 1 cup	OR	Steamed rice (3/4 cup) + Veg dal (1/2 cup) + mixed vegetable curry (1/2 cup)

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FRIDAY

EARLY MORNING	Warm water with lemon juice (1 glass)	OR	Cucumber soaked water (1 glass)	OR	Fennel soaked water (1 glass)
BREAKFAST	Multigrain chilla (2 pc) with 1 scoop Protein Powder + Cucumber raita (1 cup)	OR	Vegetable upma (1 1/4 cup) with 1 scoop Protein Powder + 1 Protein Powder	OR	Roti (1 pc) + Mixed Vegetable (1 cup) with 1 scoop Protein Powder + curd (1/4 cup)
MID-MORNING SNACK	1 Guava + green salad (3/4 cup)	OR	Buttermilk (1 glass) + 1 Protein Powder	OR	1 Boiled Egg + 1 Protein Powder
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	Roasted rice flakes (1/4 cup)	OR	Liquor tea (1 teacup) + masala oats (1 cup)	OR	1/2 Cup Tea with 1/2 tsp sugar & Milk +
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	Vegetable Khichdi (1 cup) + roasted papad (3 pcs)	OR	1 scoop protein powder + 1 Roti + Paneer Gravy with Potato and Peas (1/2 cup) + curd (1/2 cup)	OR	Steamed rice (1/2 cup) + Chicken Curry (1 cup)

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SATURDAY

EARLY MORNING	Cumin soaked water (1 glass)	OR	Fenugreek soaked water (1 glass)	OR	Liquor tea (1 cup)
BREAKFAST	Rava Dosa (1 pc) with 1 scoop Protein Powder + Sambar (1 1/4 cup)	OR	Vegetable upma (1 1/4 cup) with 1 scoop Protein Powder + 1 Protein Powder le	OR	Poha (3/4 cup) with 1 scoop Protein Powder + 1 Protein Powder le
MID-MORNING SNACK	Pomegranate (1 cup)	OR	1 Boiled egg + 1 Protein Powder le	OR	Buttermilk (1 glass) + 1 Protein Powder le
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	Sprouts chat (2 cup) + liquor tea (1 teacup)	OR	Spinach corn soup (2 cup)	OR	Roasted rice flakes (1/4 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	Dahlia khichdi (1- 1/2 cup) + poached egg (1 pc)	OR	1 Scoop protein powder + Steamed rice (3/4 cup) + veg dal (1/2 cup) + mixed vegetable curry (1/2 cup)	OR	1 Roti + veg dal (3/4 cup) with 1 scoop Protein Powder + bottlegourd sabji (1 cup)

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SUNDAY

EARLY MORNING	Warm water with lemon juice (1 glass)	OR	Liquor tea (1 cup)	OR	Fennel soaked water (1 glass)
BREAKFAST	Spinach Omelette (1 pc) with 1 scoop Protein Powder + 1 Protein Powder le + curd (3/4 cup)	OR	Vegetable Sandwich (white bread) (2 slices) with 1 scoop Protein Powder + 1 boiled egg	OR	Poha (3/4 cup) with 1 scoop Protein Powder + 1 Protein Powder le
MID-MORNING SNACK	1 apple + 1 boiled egg	OR	1 Cup of Grapes + 1 boiled egg white	OR	Mixed Fruit salad (1 1/2 cup)
LUNCH REPLACEMENT	Meal Replacement Shake (1 Sachet) with 300 ml Skimmed Milk				
EVENING SNACK (APRX. 150 KCAL)	Spinach corn soup (1 cup)	OR	Liquor tea (1 teacup) + masala oats (1 cup)	OR	Puffed Rice salad (1/2 cup)
BEFORE DINNER	1 scoop Fiber with 1 Glass of Lukewarm Water				
DINNER (APRX. 240 KCAL)	Vegetable khichdi (1 cup) + roasted papad (3 pcs)	OR	Steamed rice (1/2 cup) + fish curry (1 cup)	OR	1 Roti + mixed vegetable (1 1/4 cup)