

## 1900 calories non veg/[veg] diet plan

Macros: pro:120. carbs:180 .fats:67 fiber:32

### Meal 1 breakfast 9:00am

Idly 2 pieces  
Whey protein 1 scoop  
Pistachio 20 grams  
Cucumber 1 {salad}

Supplement :multivitamin 1 capsule

### Meal 2 snack 11:00am

Yougort 100 grams  
Walnuts 20 grams  
Apple 1 fruit

Supplement ; 1vit d :5000iu

### Meal 3 lunch 1:00pm

White rice 120 grams  
Chicken breast 150 grams or paneer100 gms  
Ghee 5 grams  
Veg mixed Salad 1 serving

Supplement: fishoil capsule 1

### Meal 4 pre workout

Sweet potato 150 grams  
1 scoop whey protein {post workout}

### Meal 5 dinner

Roti[chapathi] 2 pieces  
Whole Eggs 2 or soya chunks 30 grams  
Salad 150. Grams

Supplements ;glucosamine 1 capsule