

NEUELIFE FITNESS

DIET PLAN FOR RAHUL ACHARYA

VEGETARIAN

EARLY MORNING - 10 Almonds + lukewarm water

BREAKFAST - 3 vegetable Besan/suji chila with 1 Cup cold coffee / coffee

Or

140g quinoa / Poha + 150ml milk

Or

Paneer Sandwich / Vegetable Sandwich (can use Carrot , cucumber, onion , tomato , cabbage.)

MID MORNING SNACK - A big bowl of fruit

LUNCH - 50g Soya Chunks Subzi + 3 Chapati/180g Cooked rice + 100g Curd + Salad

Or

200g Paneer subzi(low fat Paneer)/ bhurji with 3 Chapati + 100g Curd + Salad

Or

150g rajma / chole / chane or 1 katori any dal + 3 chapat/180g Rice + Salad + 80g Curd

EVENING SNACK - overnight Soaked moongdal and chana / Roasted Peanuts + Some dry fruit

DINNER -

150g rajma / chole / chane or 1 katori any dal + 3 chapat/180g Rice + Salad

Or

180 g Paneer(low fat paneer) (make subzi/bhurji) with 3 Chapati + Salad

Or

50g Soya Chunks Subzi + 3 Chapati/180g Cooked rice + 100g Curd + Salad

HAPPY EATING 😊

Calories - 2000

Protein- 100g

Fat - 45g

Carbs - 300g