

Breakfast and dinner option **(250 to 300 calories)**

1) Besan chilla (Two serving)

4 to 5 spoon besan (medium size spoon)(30 gm) + 1 spoon ragi or wheat flour (10gm) + Vegetables (as per Choice) + 1 spoon paneer (20gm) or Half katori skim milk curd (use skim milk after removing malai)

+

Green chatni

2) Vegetable oats (1 medium dish)

3 to 4 spoon raw oats (40 gm) + vegetables (as per choice) + 1 teaspoon oil (8 ml)

3) Methi or palak Paratha (Two serving)

4 to 5 spoon aata (40 to 50gm) (u can use multigrain aata preferably) + raw Methi or palak as per choice + half tea spoon oil in individual serving (3 to 4 ml)

+ Half katori skim milk curd (use skim milk after removing malai) + Green chatni

**4) Vegetable Poha (1 medium dish) (150 to 200 gm
cook)**

**4 to 5 spoon Raw poha (40 to 50gm) + Vegetables (as
per choice) + peanut (6 to 7 pieces) + 1 spoon oil (8
ml)**

**5) Vegetable upma(1 medium dish) (150 to 200 gm
cook)**

**4 to 5 spoon Raw Suji (40 to 50gm) + Vegetables (as
per choice) + peanut (6 to 7 pieces) + 1 spoon oil (8
ml)**

6) Vegetable sandwich

**2 bread (preferably Wheat or multi grain bread) +
vegetables (as per choice) + 1 spoon paneer or
cheese (20 to 25gm) Or 1 cheese slice + half tea
spoon ghee (spread when grilled)**

+

Green chatni

7) Oats Chilla (Two serving)

4 to 5 spoon oats (40 to 50gm) + Vegetables (as per choice) + 1 spoon paneer or cheese (20 to 25gm) or Half katori skim milk curd (use skim milk after removing malai)

+

Green chatni

8) Khakhara Chat

1 Medium size khakhra (preferably diet if available) vegetables (as per choice) + 1 spoon paneer or cheese (20 to 25gm)

9) Mug dal chilla(Two serving)

3 to 4 spoons better + vegetables (as per choice) + 1 spoon paneer or cheese (20 to 25gm) + half tea spoon oil in each serving (3 to 4ml in each serving)

+ Green chatni

10) Cabbage Aaloo paratha (Two serving)

2 medium size Aata ladoo(preferably multigrain)+ 2 spoon aaloo and cabbage mix with added green chilli and masala(1 spoon for each serving) + half spoon oil (3 to 4ml) in each serving

+

Half katori skim milk curd (use skim milk after removing malai)

+

Green chatni

11) Aaloo paratha (Two serving)

2 medium size Aata ladoo(preferably multigrain)+ 2 spoon aaloo mix with added green chilli and masala(1 spoon for each serving) + half spoon oil (3 to 4ml) in each serving

+

Half katori skim milk curd (use skim milk after removing malai)

+ Green chatni

12) Paneer Onion Paratha (Two serving)

**2 medium size Aata ladoo (preferably multigrain) +
2 spoon paneer and Onion mix with added green
chilli and masala (1 spoon for each serving) + half
spoon oil (3 to 4ml) in each serving**

+

Green chatni

13) Vegetable Vermicelli (1 medium dish) (150 to 200gm cooked)

**1 Katori Vermicelli (raw) (30 to 35gm) + vegetables
(as per choice) + 1 spoon oil (7 to 8ml) + 1 spoon
paneer (20 to 25gm) (3 to 4 small cubes)**

14) Peanut Butter sandwich

**2 wheat bread (medium size) + 1 spoon peanut
butter (20 gm) (peanut butter has too much
calories so be careful in serving size)**

15) Vegetable Uttapam (Two small serving or 1 medium size serving)

3 to 4 spoons batter + vegetables as per choice + half spoon oil (3 to 4 ml in each serving)

16) Dhokla (Around 150gm)

5 to 6 Medium pieces Dhokla (take care of oil in serving) + green chatni

17) Rava Dhokla (Around 150gm)

5 to 6 Medium pieces Dhokla (take care of oil in serving) + green chatni

18) Sprouts Mug bhel

Cook sprouts (1 medium dish) (around 150gm) + vegetables (as per choice) + 1 tea spoon oil (8ml) + 1 spoon paneer or cheese (20 to 25gm)

19) Boil black Chana or Kabuli chana bhel

Boil chana (1 small katori)(100 gm) + vegetables (as per choice) + 1 spoon paneer or cheese (20 to 25gm)

20) Boil American corn Bhel

Boil Corn (1 katori)(150 gm)+ vegetables (as per choice) + 1 spoon paneer or cheese (20 to 25gm)

21) Milk Oats (1 medium dish)

4 to 5 spoon Raw oats (40gm) + skim milk (after removing malai) (200ml) + 6 cut almonds

22) Roti and sabji

2 medium Roti (apply little ghee) + 1 katori sabji (100gm) + chhas (use skim milk curd after removing malai for chhas)

23) Aaloo Mutter sandwich

**2 breads (preferably Wheat or multi grain bread) +
2 spoon Aloo mutter mixture and half tea spoon
ghee (spread when grilled)**

24) Milk Cornflakes

**200 ml skim milk + 1 katori cornflakes (40gm) + 6
almonds**

25) Milk Museli

**200 ml skim milk + 1 katori Museli (40gm) + 6
almonds**

26) Milk and fruit

**200ml skim milk + 1 fruit (preferably banana or
apple)**

27) Idli and chatni

2 medium size idli + half katori chatni

28) Dosa and chatni(Two serving)

**3 to 4 spoon better (to make 2 dosa) + 2 spoon
coconut chatni (20gm)**

29) Eggs

**Two Boil egg (1 whole egg + 1 egg white only) + 2
brown bread (can make a sandwich by adding some
veggies)**

30) Egg bhurji and bread

**1 whole egg with added veggies (as per choice) +
1 tea spoon oil (5 to 6ml) + 2 brown bread**

31) Egg Omlette

**2 eggs (1 whole egg + 1 egg white) + vegetables
(as per choice) + 1 tea spoon oil (5 to 6 ml)**

32) Banana Or Apple shake (Around 250ml)

**1 medium size banana or Apple + 200 ml skim milk
+ 2 khajur + 6 medium size almonds + Oats (1
spoon) (optional)**

FITNESS WITH FAGUN

Midmorning and Midevening options

Liquid and juices option

- 1) Coconut water (35 calories)**
- 2) Sattu Drink (250ml) (80 calories)**
(2 spoon Sattu powder (20 gm) + 250ml water, lemon, salt and black pepper)
- 3) Buttermilk (250ml) (70 calories)**
(3 to 4 spoon skim milk curd with added pinch salt and black pepper [optional])
- 4) Palak, Coriander and mint juice with added lemon,salt and black pepper (250ml) (30 calories)**
- 5) Lemon water with pinch salt and black pepper (zero calories)**
- 6) Vegetable Soup (1 Bowl) (50 to 100 calories)**
- 7) Beet and carrot juice (raw) (250 ml) (72 calories)**
- 8) Beet and Tomato juice (raw)(250ml) (60 calories)**

9) Dhudhi and palak juice Raw (250 ml) (70 calories)

**NOTES : Used as a Single option in Mid Morning
or Mid Evening time**

FITNESS WITH FAGUN

Fruits

(Need to take any Dryfruits or nuts with fruits)

- 1) Banana (100 gm) (110 calories)**
- 2) Apple (100 gm) (70 calories)**
- 3) Guava (100 gm) (70 calories)**
- 4) Graphs (100 gm) (70 calories)**
- 5) Pear (100 gm) (50 calories)**
- 6) Pineapple (100 gm) (50 calories)**
- 7) Papaya (100 gm) (40 calories)**
- 8) Orange (100 gm) (50 calories)**
- 9) Kiwi (100 gm) (60 calories)**
- 10) Muskmelon (100 gm) (20 calories)**
- 11) Watermelon (100 gm) (30 calories)**
- 12) strawberry (100 gm) (44 calories)**
- 13) Mango (100gm) (80 calories)**
- 14) Chikku(100gm) (100 Calories)**
- 15) Dragon Fruit (100gm) (60 calories)**
- 16) Custard Apple (100gm) (100 Calories)**
- 17) Avocado(100 gm) (144 Calories)**
- 18) Lichi (100 gm) (60 calories)**
- 19) Jambu (100gm) (60 calories)**
- 20) Bor or Ber (Jujube) (100gm) (75 calories)**
- 21) Sweet lime (100gm) (45 calories)**
- 22) Passion Fruit (100gm) (55 calories)**
- 23) Singoda (singada) (70 gm) (85 calories)**

Dryfruits option

- 1) Almonds (10gm) (8 pieces) (60 calories)**
- 2) Walnut (10gm) (5 half piece) (70 calories)**
- 3) Pista (10gm) (14 pieces) (70 calories)**
- 4) Anjeer (25gm) (2 to 3 pieces) (70 calories)**
- 5) Kaju (10gm) (7 to 8 pieces) (70 calories)**
- 6) Black Raisins (Soaked only) (30 to 35gm) (60 calories)**
- 7) Pumpkin seeds (10 gram) (1 tablespoon) (60 calories)**
- 8) Sunflower seeds (10 gram) (1 tablespoon) 60 calories)**
- 9) Watermelon seeds (10 grams) (1 tablespoon) (60 calories)**
- 10) Flax seeds (10 grams) (1 tablespoon) (60 calories)**
- 11) Mix seeds (10 grams) (1 tablespoon) (60 calories)**
- 12) Khajur/Dates (20 gm) (2 to 3 pieces) (70 calories)**
- 13) Apricot (150gm) (4 pieces) (80 calories)**

Note : Take a small fruit with dryfruits in mid meal

Snacks options

- 1) Khakhra (20 gm) (1 medium size) (90 calories)**
- 2) Makhana (25gm) (1 medium katori) (90 calories)**
- 3) Rosted Chivda with peanuts (25 gm) (1 medium katori) (90 calories)**
- 4) Handful Peanuts (15 gm) (20 to 22 pieces) (90 calories)**
- 5) Handful sing chana (20gm) (2 to 2.5 tablespoon) (100 calories)**
- 6) Homemade Popcorn (20gm) (80 calories)**
- 7) Sprouts mug bhel (100gm) (1 medium dish) (80 calories) (mix of sprouts and veggies as per choice)**
- 8) Mamra Bhel (preferably with added vegetables) (70 to 80gm) (1 medium dish) (100 Calories) (mix of Mamra and veggies as per choice)**
- 9) Chikki (Til or Peanuts)(20 gm)(2 medium size square) (80 to 100 Calories)**
- 10) Dryfruits Laddu (1 medium size) (20gm) (100 calories)**
- 11) Ragi Dryfruits laddu (1 medium size) (20gm) (100 calories)**

Lunch Options

(400 to 450 calories)

In salad members can take medium size carrot, cucumber, tomato, muli, beet, onion, green onion etc as per choice

Option 1

2 Roti (preferably Multigrain) (40 to 50 gm) + 1 katori sabji (150gm) + 1 katori dal (150gm) + salad (any 2 vegetables)

Option 2

2 Roti (preferably Multigrain) (40 to 50 gm) + 1 katori sabji (150gm) + 1 katori curd (100gm) (use skim milk to make a curd) + salad (any 2 vegetables)

Option 3

2 Roti (preferably Multigrain) (40 to 50 gm) + 1 katori sabji (150gm) + 1 katori Mug (150gm) + salad (any 2 vegetables)

Option 4

2 Roti (preferably Multigrain (40 to 50 gm) + 1 katori chana masala or chhole or Rajma sabji (200gm) + salad (any 2 vegetables)

Option 5

1 Bajra or jawar or Makai Roti + 1 katori sabji (150gm) + 1 katori Dal(150gm) + salad (any 2 vegetables)

Option 6

1 Bajra or jawar or Makai Roti (40 to 50 gm) + 1 katori sabji (150gm) + 1 katori curd (100gm) (use skim milk to make a curd) + salad (any 2 vegetables)

Option 5

1 Bajra or jawar or Makai Roti (40 to 50 gm) + 1 katori sabji (150gm) + 1 katori Mug(150gm) + salad (any 2 vegetables)

Option 6

1 Bajra or jawar or Makai Roti + 1 katori chana masala or chhole or Rajma(200gm) + salad (any 2 vegetables)

Option 7

2 dhudhi thepla + 1 katori skim milk curd + salad (any 2 vegetables)

Option 8

1 Roti (preferably Multigrain) + 1 katori sabji (150gm) + 1 katori dal (150gm) +1 katori rice (100gm) + salad (any 2 vegetables)

Option 9

1 Roti (preferably Multigrain) + 1 katori sabji (150gm) + 1 katori curd (100gm)(use skim milk to make curd) +1 katori rice (100gm) + salad (any 2 vegetables)

Option 10

**1 Roti (preferably Multigrain) + 1 katori sabji (150gm) +
1 katori Mug(150gm) +1 katori rice(100gm) + salad
(any 2 vegetables)**

Option 11

**1 Roti (preferably Multigrain) + 1 katori chana masala
or chhole or Rajma (200gm) + 1 katori rice (100gm) + 1
glass buttermilk (2 to 3 spoon skim milk curd) (salad
(any 2 vegetables)**

Option 12

**Vegetable pulao(200gm) + 1 katori skim milk curd
(use milk after removing malai)(100gm) + salad (any 2
vegetables)**

Option 12

1 dish rice (150gm) + 1 bowl dal or mug(200gm) + 1 glass buttermilk + salad (any 2 vegetables)

Option 13

1 dish khichdi (150 gm) + 1 bowl kadi (200gm) + salad (any 2 vegetables)

Option 14

2 Roti (preferably Multigrain (40 to 50 gm) + 1 katori Dry chholi or Dry Tuvar or vaal or any kind of pulses (150gm) + 1 glass buttermilk (use skim milk curd) + salad (any 2 vegetables)

Option 15

**1 Bajra or jawar or Makai Roti (40 to 50 gm) + 1 katori
Dry chholi or Dry Tuvar or vaal or any kind of pulses
(150gm) + 1 glass buttermilk (use skim milk curd) +
salad (any 2 vegetables)**

Option 16

**1 Roti (preferably Multigrain) + 1 katori Dry chholi or
Dry Tuvar or vaal or any kind of pulses (150gm) + 1
katori rice(100gm) + 1 glass buttermilk (use skim milk
curd)+ salad (any 2 vegetables)**

Dinner option **(300 to 400 Calories)**

1) Dal Daliya vegetable khichdi (1 medium dish) (200 to 250 gm)

40 gm raw Daliya and dal mix + vegetables (as per choice) + 1 spoon oil (7 to 8 ml) + skim milk curd after removing malai (100gm) (1 medium katori)

2) Vegetable Pulao (1 medium dish) (250 gm)

40 gm raw rice + vegetables (as per choice) + 1 spoon oil (7 to 8 ml) + skim milk curd after removing malai (100gm) (1 medium katori)

3) Vegetable Khichdi (1 medium dish) (250gm)

40 gm raw rice and dal mix + vegetables (as per choice) + 1 spoon oil (7 to 8 ml) + skim milk curd after removing malai (100gm) (1 medium katori)

4) Roti and paneer sabji

**2 medium Roti (40 to 50gm) (Preferably multigrain)
+ 1 katori paneer sabji (150gm) + any single salad**

OR

**1 Bajra or jawar or makai Roti (40 to 50gm) + 1
katori paneer sabji (150gm) + any single salad**

5) Roti and dal palak

**2 medium Roti (40 to 50gm) + 1 Dal palak sabji
(150gm) + any single salad**

OR

**1 Bajra or jawar or makai Roti (40 to 50gm) + 1
katori Dal Palakh (150gm) + any single salad**

6) Roti and Dhudhi Chana Dal

**2 medium Roti + 1 katori Dhudhi Chana dal (150gm)
+ any single salad + Curd (skim milk curd)**

OR

**1 Bajra or jawar or makai Roti (40 to 50gm) + 1
Katori Dhudhi Chana Dal (150gm) + any single salad
+ Curd (Skim milk curd)**

7) Steamed Dhudhi Muthiya (1 medium dish) (150 to 200gm)

+

Green chatni

8) Handvo (1 medium dish) (150 to 200gm)

+

Green chatni

9) Khaman dhokla (1 medium dish) (150 to 200gm)

+

Green chatni

10) Dal Rice

Steamed rice (1 medium dish) (150gm) + vegetable dal (1 katori)(150gm) + single salad as per choice

11) Khichdi kadi or drumstick kadi

(Use skim milk curd after removing malai for kadi)

Plain khichdi (1 medium dish) (150gm) + kadi (1 bowl) (200gm) + single salad as per choice

12) Idli sambhar

2 medium size idli + 1 katori sambhar (150gm) + coconut chatni (1 tablespoon) (20gm)

13) Dosa Sambhar

1 medium size Dosa + 1 katori sambhar (150gm) + coconut chatni(1 tablespoon) (20gm) + sabji (optional)(take care of sabji quantity)

14) Vegetable Paratha (methi or palakh or onion or muli or cabbage)

2 medium size paratha (1 teaspoon oil in each paratha) (3 to 5 ml each) + 1 katori skim milk curd (after removing malai) + any single salad

15) Dal Dhokli (1 medium Bowl) (250 to 300gm)

16) Vegetable Pasta (1 medium Bowl) (200 to 250gm)

Raw pasta (40 gm) + vegetables as per choice + 1 spoon oil (7 to 8 ml) + paneer or cheese (1 spoon) (20 gm)

17) Vegetable Maggi or noodles (1 medium Bowl)

(200 to 250gm)

Raw Maggie or Noodles (35 gm) + vegetables as per choice + 1 spoon oil (7 to 8 ml) + paneer or cheese (1 spoon) (20 gm)

FITNESS WITH FABUN