

Total Calorie Count - 1450						
Day	Breakfast	Morning snack	Lunch	Evening snack	Dinner	
Monday	Skimmed Milk without sugar (1 glass)	Akrod (7)	1 roti	Plain curd	Cucumber tomato salad	
	Sanja (1 bowl)	Apple	Yogurt (2 katori)	Carrot salad	White bread tofu sandwich	
	Soaked Almonds (5)		Cucumber onion salad			
			Capsicum zunka			
Tuesday	Plain curd	Ripe banana	1 roti			
	Oats rava vegetable upma	Plain curd	Yogurt (1.5 katori)	Plain curd	2 roti	
			Cucumber tomato salad	Mixed nuts	Cucumber tomato salad	
			Palak baigan sabji		Kulthi dal sprouts	
Wednesday	Almond 3	coffee with milk	Cooked white rice	Taak	1 roti	
	Boiled egg white 3		Mugache varan	Akhrod	Cooked red gram dal	
	Cornflakes with muesli and milk 1 bowl		Cucumber tomato salad		Plain curd	
			Curd		Cucumber onion lettuce tomato salad	
Thursday	Plain curd	Apple	1 roti	Taak	Cucumber tomato salad	
	Cucumber tomato salad	Mixed nuts	Mixed vegetable raita	Sprouts and vegetables salad	Curd	
	Vegetable oats		Green moong dal with carrot		Mixed vegetable upma	
Friday	4 idli	Taak	1 roti	Taak	1 roti	
	Coriander chutney	Ripe banana	Yogurt	Mixed sprouts	Matar paneer	
	Skimmed milk without sugar		Egg bhurji		Sprouts cucumber salad	
			Cucumber onion salad			
Saturday	Almond 2	Plain curd	1 roti	Plain curd	Cucumber tomato salad	
	Oats with milk without sugar	Dalimba	Mugache varan	Chole chaat	Cooked oats with paneer	
			Plain curd			
			Cucumber salad			
Sunday	Skimmed milk without sugar	Taak	2 roti	Taak	1 roti	
	Whole wheat bread 3	Kharik 5	Cucumber tomato salad	Sweet corn boiled	Plain curd	
	Omelette		Low fat paneer bhurji		Tofu and vegetable salad	