

SIMPLE DIET PLAN

	Veg Option 1		Veg Option 2		Eggitarian Option		Non Veg Options 2	
After Wake up	Water	2 Glass						
Morning Activity	Whey Protein	1 Scoop	Whey Protein	1 Scoop	Egg White	6	Egg White	6
<i>Meal 1</i>	1 bowl of Oats or Upma or 1 Medium Size Besan Chilla or 2 Multi Grain Breads or 1 Medium Size Paratha or 2 Idlis							
Breakfast	Raw Paneer or Paneer Bhujji	100 Gm	Grilled Paneer	100gm	Whole Eggs Boled	3	Whole Eggs Boled	3
	salad 1 Bowl							
<i>Meal 2</i>	Nuts	1 Handfull	Nuts	1 Handfull	Nuts	1 Handfull	Nuts	1 Handfull
Snack	Sprouts	1 Bowl	Sprouts	1 Bowl	Sprouts	1 Bowl	Sprouts	1 Bowl
<i>Meal 3</i>	Salad	1 Bowl	Salad	1 Bowl	Salad	1 Bowl	Salad	1 Bowl
Lunch	Roti or Rice - 1-2 no or 1 medium Bowl							
	Dal	1 Bowl			Egg Curry	3 Eggs	Boneless Chicken	100 gm
	Seasonal Veg	1 Bowl	Seasonal veg	1 Bowl	Seasonal Veg	1 Bowl	Seasonal Veg	1 Bowl
<i>Meal 4</i>	Fruits	1 bowl	Fruit Salad	1 Bowl	Fruit Salad	1 Bowl	Fruit Salad	1 Bowl
Evening Snack	Nuts	1 Handfull	Nuts	1 Handfull	Nuts	1 Handfull	Nuts	1 Handfull
<i>Meal 5</i>								
Evening Post Physical activity	Whey Protein	1 Scoop	Whey Protein	50 gm	Whey Protein	3	Whey Protein	3
<i>Meal 6</i>	Grilled Paneer	100 gm	Paneer Bhujji	100 Gm	Egg Whites	6	Grilled Chicken Breast	100gm
Dinner	Salad	2 Bowl	Salad	2 Bowl	Salad	2 Bowl	Salad	2 Bowl
Prebed	Water	1 Glass	Water	2 Glass	Water	2 Glass	Water	2 Glass
	Multi Vitamin Tab	1 after Workout						
	Flax seeds	3-4 Spoon in a day						
	Sugar	Minimum						
	oily food	Not At All						
	Nuts	Almonds, Walnut, Peanuts						
	Salt	Himalyan or black						
	water	4-5 Ltr						
Note								

This is a General Diet plan Sample Which shows we should eat like this. We should consume all these food itmes on daily basis in order to stay healthy

After following any diet plan if you are feeling weakness that means you are eating less according to your body. In that case you can add up 1-2 spoon of desi ghee, around 50g of paneer or 3-4 eggs

In case you are feeling lazy or full after having your meal this means you are having more than your body needs. In that case eat only 70-80 of your meal.

Most imp. Before follow any diet plan it is advisable to consult your phyician for the same.