

Diet 1200 C

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE: kcal • Protein • Carbs • Fat)
1. Morning Detox	Lemon water Green tea	Lemon water Jeera water	10–15 kcal • P:0g • C:2–3g • F:0g
2. Breakfast	2 boiled eggs + 1 toast Egg omelette + veggies	Vegetable poha Oats with skim milk	250–300 kcal • P:10–18g • C:35–45g • F:6–10g
3. Mid-Morning Snack	Greek yogurt (100g) 1 boiled egg	Apple / Orange Buttermilk	80–120 kcal • P:3–8g • C:12–20g • F:0–3g
4. Lunch	Grilled chicken + 1 roti Fish curry + salad	Dal + 1 roti Veg khichdi	300–350 kcal • P:15–28g • C:35–45g • F:5–10g
5. Evening Snack	Chicken soup Peanut chaat + egg whites	Sprouts chaat Roasted chana	120–150 kcal • P:6–12g • C:10–18g • F:2–4g
6. Dinner	Grilled fish + veggies Chicken stir-fry	Paneer bhurji + salad Tofu stir-fry	300–350 kcal • P:18–25g • C:12–20g • F:10–15g