

1500 CAL DIET PLAN

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE: kcal • P • C • F)
1. Morning Detox	Ginger lemon water Green tea with honey	Jeera warm water Cinnamon water	20–30 kcal • P:0g • C:5–7g • F:0g
2. Breakfast	Scrambled eggs + multigrain toast Chicken sausage + oats porridge	Vegetable daliya Besan chilla (2 pcs)	300–350 kcal • P:15–22g • C:40–50g • F:6–10g
3. Mid-Morning Snack	Tuna salad (small) Boiled egg + 5 almonds	Banana (small) Low-fat curd (100g)	120–180 kcal • P:4–12g • C:15–25g • F:3–7g
4. Lunch	Chicken breast (120g) + brown rice Fish fry (100g) + 1 roti	Rajma + 1 roti Veg pulao + curd	350–420 kcal • P:18–30g • C:45–55g • F:6–12g
5. Evening Snack	Boiled egg sandwich (small) Chicken clear soup	Peanut chikki (1 pc) Fruit bowl	150–200 kcal • P:4–12g • C:20–30g • F:3–6g
6. Dinner	Grilled prawns + sautéed veg Chicken tikka + salad	Paneer tikka + vegetables Dal soup + sautéed veggies	350–400 kcal • P:18–28g • C:12–25g • F:10–15g