

1800 CAL DIET PLAN

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE: kcal • P • C • F)
1. Morning Detox	Honey lemon warm water Green tea with turmeric	Tulsi tea Warm water + chia seeds	30–40 kcal • P:0g • C:6–8g • F:0g
2. Breakfast	Chicken sandwich (whole wheat) Boiled eggs + sweet potato	Vegetable paratha (1) + curd Sprouts salad + fruit	350–420 kcal • P:15–25g • C:45–60g • F:8–12g
3. Mid-Morning Snack	1 banana + peanut butter Greek yogurt + berries	Mixed fruit bowl Coconut water + nuts (5–6)	150–220 kcal • P:3–10g • C:25–35g • F:3–7g
4. Lunch	Chicken curry + 2 rotis Egg curry (3 eggs) + rice	Chole + 2 rotis Vegetable biryani + raita	450–520 kcal • P:18–30g • C:55–70g • F:10–15g
5. Evening Snack	Grilled chicken roll (small) Egg salad	Paneer sandwich (small) Roasted makhana (1 cup)	200–280 kcal • P:8–18g • C:15–35g • F:5–10g
6. Dinner	Grilled fish + quinoa Chicken stir-fry with brown rice	Paneer curry + brown rice Tofu stir-fry + millet roti	450–500 kcal • P:18–30g • C:40–55g • F:12–18g