

2000 calories diet

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE)
1. Morning Detox	Lemon + honey hot water Apple cider vinegar drink	Warm water + chia seeds Ginger tulsi tea	35–50 kcal • P:0g • C:8–10g • F:0g
2. Breakfast	Chicken sausage + 2 rotis Egg bhurji + brown bread	Paneer stuffed paratha (1) + curd Vegetable oats upma	400–480 kcal • P:18–26g • C:55–70g • F:10–14g
3. Mid-Morning Snack	Tuna sandwich (small) Greek yogurt + granola	Peanut butter on toast Dry fruit mix (small handful)	200–260 kcal • P:6–12g • C:20– 35g • F:6–10g
4. Lunch	Chicken biryani (1 plate) Fish curry + 2 rotis	Sambar + rice Veg paneer pulao	500–600 kcal • P:18–30g • C:65–80g • F:10–18g
5. Evening Snack	Egg wrap (small) Chicken salad bowl	Paneer tikka Veg grilled sandwich	200–280 kcal • P:10–20g • C:18–35g • F:4– 10g
6. Dinner	Chicken breast + pasta Grilled prawns + sautéed veggies	Dal tadka + 2 rotis Tofu curry + quinoa	480–520 kcal • P:20–30g • C:45–60g • F:12–18g