

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE: kcal • P • C • F)
1. Morning Detox	Warm lemon + honey water Green tea + ginger	Warm water + chia seeds Cinnamon water	40–50 kcal • P:0g • C:8–10g • F:0g
2. Breakfast	3 boiled eggs + 2 slices whole wheat toast Chicken omelette + oats porridge	Vegetable paratha (2) + curd Moong dal chilla (2) + green chutney	450–500 kcal • P:20–28g • C:55–65g • F:12–15g
3. Mid-Morning Snack	Greek yogurt + granola + berries Boiled eggs + almonds (5)	Peanut butter sandwich Fruit bowl + nuts	250–300 kcal • P:8–15g • C:25–35g • F:8–12g
4. Lunch	Grilled chicken breast + brown rice + vegetables Fish curry + 2 rotis	Rajma + rice Vegetable biryani + raita	550–600 kcal • P:25–35g • C:65–80g • F:12–15g
5. Evening Snack	Chicken salad wrap Egg salad bowl	Paneer tikka + salad Roasted chickpeas (1 cup)	250–300 kcal • P:12–20g • C:18–30g • F:6–10g
6. Dinner	Grilled fish + quinoa +	Paneer curry + 2 rotis Tofu stir-	550–600 kcal • P:25–35g •

vegetables Chicken stir-fry + brown rice	fry + millet roti	C:50–65g • F:15–18g
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