

3000 calories diet

Meal	Non-Veg Options (2)	Veg Options (2)	Macros (ONE LINE: kcal • P • C • F)
1. Morning Detox	Warm lemon water + honey Green tea + ginger	Warm water + chia seeds Cinnamon water	50 kcal • P:0g • C:10g • F:0g
2. Breakfast	4 boiled eggs + 2 slices whole wheat toast Chicken omelette + oats porridge	Vegetable paratha (2) + curd Moong dal chilla (3) + green chutney	550–600 kcal • P:25–35g • C:60–75g • F:15–18g
3. Mid-Morning Snack	Greek yogurt + granola + banana Boiled eggs + almonds (7)	Peanut butter sandwich Fruit bowl + nuts (handful)	300–350 kcal • P:10–18g • C:25–35g • F:10–12g
4. Lunch	Grilled chicken breast + quinoa + vegetables Fish curry + 2 rotis	Rajma + rice Vegetable biryani + raita	600–650 kcal • P:30–40g • C:70–85g • F:15–18g
5. Evening Snack	Chicken salad wrap Egg salad bowl	Paneer tikka + salad Roasted chickpeas (1 cup)	300–350 kcal • P:12–20g • C:20–35g • F:8–12g
6. Dinner	Grilled fish +	Paneer curry + 2	650–700 kcal •

brown rice + veggies Chicken stir-fry + pasta	rotis Tofu stir- fry + millet roti	P:30–40g • C:60–75g • F:20–25g
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