

<<Eggetarian Diet >>

<<<Protein=225gm,Carbs=380gm,Fat=70gm>>>

- **Meal 1** (protein=35gm, carbs=110, fat=40gm)

oats(80gm)+ milk(400ml) +almond(10)+ peanut butter(1 spoon)+banana(2)

- **Meal 2** (protein=55gm, carbs=94, fat=10gm)

eggs(2 whole+2white)+moong sprouts(150)

- **Meal 3** (protein=30gm , carbs=70gm ,fat=15gm)

Quinoa(100gm)+peanut butter(1 spoon)

- **Pre-Workout** (protein=26gm, carbs=50gm, fat=10gm)

2 whole eggs+2 banana + 1 spoon peanut butter

- **Post-Workout** (protein=42gm, carbs=60g, fat=0gm)

1 scoop whey protein+sweet potato(300gm)+4 egg whites

- **Meal 4** (protein=20,carbs=62g,fat=6gm

100gm chana sprouts

- **Last meal before bed** (protein=30gm,fat=10gm,carbs=5gm)

1 scoop whey with 200ml of milk