



NOT YOUR BASIC MEALPREP

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3RD FEB - 14TH FEB

FAT LOSS NON - VEG

150 GRAMS CHICKEN IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter chicken + steamed rice + pulses

P - 50 C - 31 F - 4.5 CAL - 328

Protein dal + chapatti + spicy eggs

P - 34 C - 50 F - 17 CAL - 489

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice + eggs

P - 46 C - 27 F - 4.5 CAL - 333

Steak chicken cubes + smoked noodles

P - 40.6 C - 40 F - 33 CAL - 619

WEDNESDAY

LUNCH + DINNER

Chicken pot pie + creamy mac + pulses

P - 49 C - 36 F - 5 CAL - 385

Jalapeno eggs + flavoured rice + pulses

P - 50 C - 35 F - 5.5 CAL - 390

THURSDAY

LUNCH + DINNER

Egg pancit + veg pasta + pulses

P - 33 C - 25 F - 33 CAL - 529

Coconut chicken curry + steamed rice +
pulses

P - 31 C - 26 F - 33 CAL - 525

FRIDAY

LUNCH + DINNER

Korean chicken + fried rice + pulses

P - 49 C - 31 F - 4.5 CAL - 361

Chili garlic eggs + veg pasta

P - 52 C - 54 F - 33 CAL - 721

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NOT YOUR BASIC MEALPREP

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3RD FEB - 14TH FEB

FAT LOSS

VEG

(YOU CAN REPLACE PANEER WITH EGGS/VEGGIES)
150 GRAMS PANEER IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter paneer + steamed rice + pulses

P - 33 C - 27 F - 37 CAL - 573

Protein dal + chapatti + spicy soya

P - 45 C - 49 F - 37 CAL - 709

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice

P - 30 C - 28 F - 37 CAL - 565

Steak soya cubes + smoked noodles

P - 66 C - 80 F - 1 CAL - 593

WEDNESDAY

LUNCH + DINNER

Paneer pot pie + creamy mac + pulses

P - 32 C - 24 F - 37 CAL - 597

Jalapeno veggies + flavoured rice + pulses

P - 30 C - 28 F - 37 CAL - 565

THURSDAY

LUNCH + DINNER

Soya pancit + veg pasta + pulses

P - 34 C - 26 F - 37 CAL - 573

Coconut paneer curry + steamed rice +
pulses

P - 30 C - 28 F - 37 CAL - 565

FRIDAY

LUNCH + DINNER

Korean soya + fried rice + pulses

P - 57 C - 60 F - 1 CAL - 477

Chili garlic pulses + veg pasta

P - 53 C - 54 F - 37 CAL - 761

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3RD FEB - 14TH FEB

LEAN MASS

NON - VEG

150 GRAMS CHICKEN IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter chicken + steamed rice + pulses

P - 50 C - 223 F -5 CAL - 1137

Protein dal + chapatti + spicy eggs

P - 56 C - 77 F -26 CAL - 771

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice + eggs

P - 45 C -96 F -4.5 CAL - 605

Steak chicken cubes + smoked noodles

P - 42 C - 78 F -26 CAL - 710

WEDNESDAY

LUNCH + DINNER

Chicken pot pie + creamy mac + pulses

P - 59 C -98 F - 5 CAL - 650

Jalapeno eggs + flavoured rice + pulses

P - 50 C - 91 F -4.5 CAL - 613

THURSDAY

LUNCH + DINNER

Egg pancit + veg pasta + pulses

P - 49 C -87 F -26 CAL - 828

Coconut chicken curry + steamed rice +
pulses

P 34 C - 208 F -26 CAL - 1202

FRIDAY

LUNCH + DINNER

Korean chicken + fried rice + pulses

P - 51 C -96 F -4.5 CAL - 629

Chili garlic eggs + veg pasta

P - 59 C -65 F 26 CAL - 730

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3RD FEB - 14TH FEB

LEAN MASS

VEG

(YOU CAN REPLACE PANEER WITH EGGS/VEGGIES)
150 GRAMS PANEER IN EACH MEAL PREP

MONDAY

LUNCH + DINNER

Butter paneer + steamed rice + pulses

P - 58 C - 223 F - 38 CAL - 978

Protein dal + chapatti + spicy soya

P - 60 C - 78 F - 41 CAL - 921

TUESDAY

LUNCH + DINNER

Italian pulses gravy + rice

P - 44 C - 73 F - 37 CAL - 801

Steak soya cubes + smoked noodles

P - 61 C - 103 F - 1 CAL - 665

WEDNESDAY

LUNCH + DINNER

Paneer pot pie + creamy mac + pulses

P - 42 C - 95 F - 37 CAL - 881

Jalapeno veggies + flavoured rice + pulses

P - 52 C - 90 F - 37 CAL - 901

THURSDAY

LUNCH + DINNER

Soya pancit + veg pasta + pulses

P - 56 C - 90 F - 37 CAL - 917

Coconut paneer curry + steamed rice +
pulses

P - 44 C - 93 F - 37 CAL - 881

FRIDAY

LUNCH + DINNER

Korean soya + fried rice + pulses

P - 78 C - 239 F - 1 CAL - 1277

Chili garlic eggs + veg pasta

P - 53 C - 66 F - 37 CAL - 809

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