

VEG DIET PLAN - THE GYM - HEALTH PLANET, GURGAON

Early Morning	Green Tea
Breakfast	Brown Bread Sandwich + Moon Dal Cheela (Scrambled eggs)
Mid-Meal	Fruits (Orange, Pomegranate, Apple) + Juice
Lunch	Two wheat roti + Vegetable Salad + Moong Daal Cheela + Salad Vegetable + Curd
Evening Snacks	Four egg whites + Fresh Lime (No sugar/salt)
Dinner	Fruits & Vegetable Salad + Bran roti + Yellow Moong Daal
Before Bed	Green Tea

Sumit Bakshi - Trainer

The Gym - Health Planet, Gurgaon

