

1300 Calorie Meal Plan

Early Morning	1 Glass Lukewarm Cinnamon Water Calories - 3 Benefits - Prebiotic Properties, Lowers Blood Sugar Levels	(Or)	1 Cup Methi Seeds Water, Soaked And Peeled Almonds 4 Calories - 44 Benefits - Controls Blood Sugar Levels
Breakfast	2 Moong Dal Chilla With Mint Chutney And 1 Cup Almond Milk Calories - 300 Benefits - Improves Blood Flow, Relieves Chest Congestion, Rich In Vitamin D	(Or)	1 Egg Veggies Omelette With 2 Millet Dosas Calories - 290 Benefits - Helps With Cholesterol Regulation, Prevents Asthma
Morning Snack	1 Cup Mixed Berries Calories - 70 Benefits - Treats Insomnia, Promotes Healthy Tissue	(Or)	1 Cup Blueberries Calories - 85 Benefits - Rich In Vitamin K, Helps In Dna Repair
Lunch	1 Cup Cabbage Salad, 2 Multigrain Rotis With 1 Cup Rajma Masala Curry And 1 Cup Mixed Vegetable Raita Calories - 400 Benefits - Rich In Folate And Manganese, Lowers Cholesterol Levels, Helps In Weight Loss	(Or)	1 Cup Broccoli Soup, 1 Cup Brown Rice With 0.5 Cup Chicken Masala Curry And 0.5 Cup Tomato Raita Calories - 380 Benefits - Rich In Vitamin K, C, Lycopene, Boosts Testosterone Levels
Evening Snack	Murmura Chat And 1 Cup Green Tea Calories - 150 Benefits - Easily Digestible, Rich In Micronutrients	(Or)	1 Tbsp Pumpkin Seeds With 2 Pieces Of Dark Chocolate Calories - 130 Benefits - Stress And Anxiety Regulation
Dinner	2 Wheat Rotis With 1 Cup Vegetable Lentil Soup And 1 Cup Ridge Gourd Curry Calories - 370 Benefits - Plant-based Protein, Rich In Iron, Folate, Vitamin A, And Insulin Like Peptides	(Or)	2 Lettuce Wraps With Baked Salmon Calories - 280 Benefits - Rich In Vitamin K, A, Epa And Dha, Improves Arterial Function