



Diet plan for age group 15-18 yrs.

Calories

Girls :2060 kcal /day

Boys :2640 kcal /day

- **Early morning** - 1glass like warm water with lemon juice + honey + 7-8 almonds or Amla juice + giloy water
- **Then 20-30 min sunlight exposure and some yog asans like** : deep breathing , Anulom - vilom ,tadasana, Bhastrika, bhramri , kapalbhati ,surya namaskar
- After that gargle with salt water
- **9:00 -10:00 am (Breakfast)** 2 -3 - vegetable or paneer paratha with mint chutney
OR
2 besan puda / suji upma / vegetable poha 1 bowl / milk daliya or oats with dry fruits
- **12:00 pm** - giloy water add tulsi leaves
- **1:00 pm** orange / pomegranate and paneer and paneer / tofu 30 gm
- **2:00- 3:00 pm (Lunch)** - 3 chapati with gre en vegetable (lauki / methi carrot)+ 1 Bowl Dal (any) or Nutri Rice with tomato gravy
- **Evening 5-6 pm** - I glass milk + besan halwa
OR
veg or Dal soup / boiled black or White chana salad or mix beans salad 1 big bowl
- **Dinner 8:00 - 8:30 pm** - lauki veg / nutri veg /carrot / beans /mix Dal or moong Dal with 3 chapati
- **Bed time** - 1glass milk with added 1pinch turmeric raw or powdered and ginger or cinnamon .

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