

# 1900 Calorie Indian Diet Plan With Exercise

## Support

### **Best suited for weight range 58-62kg**

**Breakfast** - Boiled egg (100grams), Atta roti (110grams).

**Morning snack** - Mashed potato (150grams), Boiled egg (50grams).

**Lunch** - Cooked rice (150grams), Cooked dal (any, 200grams), Chicken breast (250grams). [You can substitute some chicken with rice if you are not satisfied with the amount of rice]

**Evening snack** - Soya chunks (50grams). [Weigh before cooking]

**Dinner** - Atta roti (110grams), Cholar dal/Split Bengal Gram (200grams). [Weigh dal after cook]

An important thing to know is you need to weigh your food because in the different houses the same two roti/chapatis will weigh different. So keeping that in mind I have measured foods in weight; so that you get the accurate calories.

The whole 1900 calorie Indian diet plan consists of **145grams of protein, 42grams of fat, 245 grams of carbohydrate, and 37grams of fiber** which in total **1966 calories**. And, as said before micronutrient sources will be from the supplements.

In case you are facing any problem with high protein amounts, you can substitute that with carbohydrate sources.

## Exercise (Full body)

### **Day 1 -**

Leg Press (3 sets of 12 reps)

Bench Press (3 sets of 12 reps)

Lateral Raise (3 sets of 12 reps)

Lat Pull-down (3 sets of 12 reps)

Overhead Dumbbell Tricep Extension (3 sets of 12 reps)

Bicep Curl (3 sets of 12 reps)

**(Rest on Day 2)**

### **Day 3 -**

Dead lift (3 sets of 12 reps)

Incline Dumbbell Press (3 sets of 12 reps)

Lateral Raise (3 sets of 12 reps)

Tricep Extension (3 sets of 12 reps)

Incline Bicep Curl (3 sets of 12 reps)

**(Rest on Day 4)**

### **Day 5 -**

Leg Press (3 sets of 12 reps)

Bench Press (3 sets of 12 reps)

Lateral Raise (3 sets of 12 reps)

Lat Pull-down (3 sets of 12 reps)

Overhead Dumbbell Tricep Extension (3 sets of 12 reps)

Bicep Curl (3 sets of 12 reps)

**(Rest on day 6 and 7)**