



150 g protein in one Indian day — without whey, without a big budget

Eggs, chicken, dal, curd and roti. Food your clients already eat.

≈2,050

KCAL

≈155 g

PROTEIN

≈210 g

CARBS

≈62 g

FAT

≈₹220

PER DAY

Example client: man, 28 years, 68 kg, trains 4×/week, goal fat loss. Portions are for this client — scale them for others.



Breakfast · 7:30 am

≈460 kcal · 32 g protein

Egg bhurji (onion, tomato, 1 tsp oil)	4 whole eggs	24 g P	290
Brown bread / multigrain toast	2 slices	6 g P	140
Tea with toned milk, no sugar	1 cup	2 g P	30



Lunch · 1:30 pm

≈625 kcal · 57 g protein

Home-style chicken curry (1 tsp oil)	200 g raw chicken	46 g P	285
Steamed rice	1 cup cooked (150 g)	4 g P	195
Dal (toor / moong)	1 bowl (150 ml)	7 g P	120
Cucumber-onion salad, lemon	1 plate	—	25



Snack · 5:00 pm

≈250 kcal · 9 g protein

Roasted chana	40 g (a handful)	8 g P	145
Banana	1 medium	1 g P	105



Dinner · 8:30 pm

≈560 kcal · 49 g protein

Tandoori / pan-grilled chicken (1 tsp oil)	150 g raw chicken	35 g P	210
Phulka (no ghee)	2	6 g P	160
Bhindi / mixed sabzi (1 tsp oil)	1 bowl	3 g P	100
Curd (dahi)	1 small bowl (150 g)	5 g P	90



Before bed

≈150 kcal · 8 g protein

Toned milk (warm, haldi optional)	1 glass (250 ml)	8 g P	150
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Day total		≈155 g	≈2,050
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Vegetarian client?

Swap chicken for paneer (150 g ≈ 27 g protein) or soya chunks (50 g dry ≈ 26 g protein).

Different weight or goal?

Every client needs different numbers — that's exactly what My Fit Cult calculates for you.

Make a plan like this for every client.

Personalised 7-day Indian plans, food swaps, branded PDFs and progress tracking.
Plans from ₹299/month.

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