



## **Diet plan for age group 12-14 yrs.**

### **Calories**

**Girls :2060 kcal**

**Boys :2350 kcal**

- **Early morning** - 1glass like warm water with lemon juice + honey + 4-5 almonds
- **Then 15-20 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 vegetable or paneer paratha with mint chutney  
Or suji upma / vegetable poha / milk daliya or oats with dry fruits
- **12:00 pm** - giloy water add tulsi leaves
- **1:00 pm** - orange / papaya / pomegranate
- **2:00- 3:00 pm (Lunch )** - 1-2 chapati with green vegetable (lauki / methi )+ 1 Bowl Dal (any) or Nutri Rice with tomato gravy
- **Evening 5:00 - 6:00 pm** - 1 glass milk + besan halwa / veg or Dal soup / boiled black or White chana salad
- **Dinner 8:00 -8:30 pm** - 1-bowl lauki veg / carrot beans /paneer bhurji / nutri veg /moong Dal with 2-3 chapati
- **Bed time** - 1cup milk with added 1pinch turmeric raw or powdered and ginger

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