Food	Amount	kcal
Breakfast		
Bread	30g	98
Tibetan Tea	1 cup	100
Lunch		
Bread	180g	587
Dal	200g	674
Banana	1 piece	70
Curd	450g	333
Dinner		
Rice	150g	543
Mixed Vegetables	250g	143
Milk Tea	1 cup	120
Noodles	150g	564
Total		**3231**