



FOOD & NUTRITION GUIDE

Your kitchen playbook — swaps, staples and freedom.

Flexible • Calorie-matched • Zero guilt

A LIFESTYLE, NOT A PHASE

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Use freely, avoid firmly

The flavour toolbox — and the calorie traps.

Free to use in any amount:



All herbs — coriander, mint, curry leaves, basil, oregano, parsley, dill



All spices — salt, black salt, pepper, turmeric, cinnamon, red chilli



Seasonings — ginger, garlic, lemon, green chilli, cumin, paprika

Firmly avoid:



Refined sugar — swap for stevia, monk fruit or sugar-free sweeteners. Jaggery, honey and maple syrup count as sugar too.



Alcohol — slows fat loss and recovery, dehydrates, and smuggles in calories.



Liquid calories — fruit juices, milkshakes, sugary sodas, mocktails.



Dressings & sauces — mayonnaise, ketchup, pickles, chutneys, salad dressings.

Oils: ghee, olive oil and coconut oil are allowed in your plan's amounts. Mustard and refined oils are not.



Your vegetable playground

Rotate freely — variety keeps nutrients broad and boredom low.

Green & leafy

Spinach	Cabbage	Fenugreek leaves
Lettuce	Kale	Celery
Beet greens	Asparagus	Broccoli
Cauliflower	Cucumber	Leek

Everything else

Bottle gourd	Ridge gourd	Bitter gourd
Peas	Carrot	Okra
Capsicum	French beans	Mushroom
Eggplant	Beetroot	Apple gourd



Carb swaps

Trade without breaking your numbers.



Rice / poha swaps

Base: 50 g raw · about 180 kcal

Swap with	Amount
Quinoa	50 g
Sweet potato	210 g
Potato	250 g
Wheat flour (roti)	50 g
Oats	45 g
Daliya	50 g
Semolina (suji)	45 g
Pasta	45 g
Bread	2.5 slices
Muesli	40 g
Idli	2.5 pieces (≈20 g each)
Buckwheat (kuttu) flour	50 g

Coach favourites: quinoa brings extra protein per serving, and sweet potato is the volume-eater's dream — 210 g of food for the same calories as 50 g of rice. Fibre, satisfaction, and your numbers still balance.



Protein swaps

The muscle-building menu.



Paneer swaps

Base: 50 g · about 141 kcal

Swap with	Amount
Whole eggs	2 eggs
Cheese (any)	40 g
Tofu	170 g
Avocado	70 g



Chicken swaps

Base: 100 g raw · about 165 kcal

Swap with	Amount
Egg whites	6 pieces
Whey protein	1 scoop (≈30 g)
Soya chunks	45 g
Fish / prawns	120 g



Egg swaps

Base: 1 egg · about 69 kcal

Swap with	Amount
Paneer	25 g
Cheese	20 g
Tofu	85 g
Avocado	35 g



Lentil (dal) swaps

Plant protein, endless variety.



Dal swaps

Base: 50 g raw · about 176 kcal

Swap with	Amount
Kidney beans (rajma)	50 g
Chickpeas (chole)	50 g
Black chickpeas (kala chana)	50 g
Green gram (moong)	50 g
Gram flour (besan)	35 g



Fruit swaps

All roughly 78 kcal — pick by craving, not by rules.

Apple · 150 g	Banana · 90 g	Mango · 130 g
Papaya · 230 g	Orange · 165 g	Watermelon · 260 g
Grapes · 115 g	Strawberries · 240 g	Kiwi · 130 g
Guava · 115 g	Pomegranate · 95 g	Pineapple · 155 g

Nuts & seeds

Tiny portions, mighty calories — all about 60 kcal each.

Almonds · 10 g	Cashews · 10 g	Walnuts · 8 g
Peanuts · 10 g	Pistachios · 10 g	Dates · 20 g
Raisins · 20 g	Chia seeds · 12 g	Flax seeds · 10 g
Sunflower seeds · 10 g		

Weigh, don't guess: nuts are the most under-estimated food on earth — a casual handful is often three servings. Ten grams on the scale keeps the maths honest.

All values are close approximations and vary slightly by brand and quality. When in doubt, ask your coach in the app.



Eat food you love. Hit numbers that work.

A Lifestyle, Not a Phase

Questions? Message your coach in the VX Fitness app or email vinxfitnesspro@gmail.com

General fitness information, not medical advice. Consult your physician before starting any exercise or nutrition programme.