



## Diet Details

Sr. No.	Name of the Item	Details	Appx. Rate	Calculation	Amount
1.	Milk	1 liter per day, liter morning 1 liter evening	Rs.50 per Liter	350x50x45	787500.00
2.	Paneer	100gm per day	Rs.40/- per 100gm	350x40x45	700000.00
3.	Fresh Fruit Juice	2 glass per day, 1 glass Morning 1 Glass Evening	Rs.50/- per glass	350x50x45	787500.00
4.	Fresh Fruit	1kg per day seasonal fruits	Rs.150/- per 1 kg	350x150x45	2362500.00
5.	Dry Fruit	100gm per day Walnut, Cashew nut, Almond	Rs.200/- per 100gm	350x200x45	3150000.00
<b>Total</b>					<b>7787500.00</b>

**Note:** - Above mention Diet items are needed for TOM Sports Academy Athletes for one year You can sponsor/donate all Diet items or can also sponsor/donate any one individual.

