

SACHIN TENDULKAR's DIET CHART

Basic Diet Requirement

Sachin is 5ft 5in tall and weighs about 60 kgs. Being a man in his forties and his active requirements for energy, Sachin used to take at least 2800-3000 calories a day. Sachin's diet included 40 percent carbohydrates, 30 percent fats and 30 percent proteins. This provided him enough calories to carry out his daily routine including his workout and practice sessions. The carbohydrates were an essential part of Sachin's diet as they provided enough stamina for athleticism on the field.

Diet Chart

Sachin preferred to have a complete balanced diet that fuelled his body requirements.

Breakfast	Large bowl of porridge + 200ml milk + water with a teaspoon of sugar and raisins if desired. 250ml fresh fruit juice or Tea/coffee.
After Workout	25g whey protein powder.
Snack	Sandwich with pieces of grilled fish or low fat soft cheese with fruits.
Lunch	3 chapattis + olive oil based spread with fish or pulses. 100g mixed nuts & seeds. Mixed salad. 1 bowl of low fat curd.
Cricket Training	Plenty of water with electrolyte Protein Shakes 100g mixed with nuts & seeds.
Dinner	Same as lunch

Against the odds, he was also a big foodie and liked to try his hands on new delicacies.

Note: The diet chart has been made after a compilation from a number of trusted blogs and websites. However, a perfect diet for you should be based around your own body requirements. Always consult a certified professional / dietician before following any diet recommendations.