

Twitter Thread by ABHISHEK



ABHISHEK

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Food item- VADA PAAV

Calories intake - 200-250 cal

Time take to eat - 2 mins

Time take to burn those 500 cal(no one eats only 1)

Running - 40 mins

Jump rope - 35 mins

Swimming - 50 mins

Moping house - 3.5hrs

Know your portion size and Eat Guilt free■■■

