Twitter Thread by ABHISHEK



ABHISHEK
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Food item- VADA PAAV
Calories intake - 200-250 cals
Time take to eat - 2 mins

Time take to burn those 500 cals(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■■

