

## Twitter Thread by 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■■■**

