

# ASSAMESE DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Vegetable poha (1 cup cooked)

#### MID-MORNING (~100 KCAL)



Fruit (1 medium)

#### LUNCH (~350 KCAL)



Rice (1 cup cooked) +  
dal ( $\frac{3}{4}$  cup cooked) + Lai xaak ( $\frac{1}{2}$  cup)

#### EVENING (~100 KCAL)



Roasted peanuts (25 g)

#### DINNER (~350 KCAL)



Vegetable torkari (1 cup) +  
roti (1 medium)

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## Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



### BREAKFAST (~300 KCAL)



Egg omelette (2 egg whites)  
+ poha (½ cup)

### MID-MORNING (~100 KCAL)



1 boiled egg

### LUNCH (~350 KCAL)



Fish curry (80 g cooked) +  
rice (1 cup cooked)  
+ raw papaya salad (1/2 cup)

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



Chicken curry (80 g cooked) +  
roti (1 medium)