

# BENGALI DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Cholar dal ( $\frac{3}{4}$  cup cooked)  
+ roti (1 medium)

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



Sprouts salad ( $\frac{3}{4}$  cup)

#### LUNCH (~350 KCAL)



Rice (1 cup cooked) +  
mixed dal ( $\frac{1}{2}$  cup cooked) + vegetable

#### EVENING (~100 KCAL)



Roasted chana (25 g)

#### DINNER (~350 KCAL)



Paneer curry ( $\frac{3}{4}$  cup)  
+ roti (1 medium)

# BENGALI DIET

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



### BREAKFAST (~300 KCAL)



Egg curry (1 egg) +  
roti (1 medium)

### MID-MORNING (~100 KCAL)



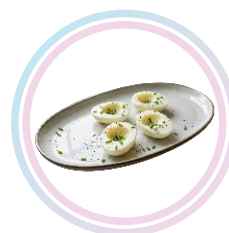
1 boiled egg

### LUNCH (~350 KCAL)



Macher jhol (80 g cooked)  
+ rice (1 cup cooked)

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



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