

GUJARATI DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Methi thepla (2 small) +
curd (½ cup)

MID-MORNING (~100 KCAL)



Chaas (1 cup)

LUNCH (~350 KCAL)



Rice (1 cup cooked) + Gujarati dal (½ cup)
+ bhindi shaak (1 cup) + salad

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Phulka (2 medium) + chana dal (½ cup) +
green bean shaak (1 cup) + salad

GUJARATI DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Vegetable poha (1 cup cooked) +
boiled egg whites (2)

MID-MORNING (~100 KCAL)



Egg white omelette
(2 egg whites)

LUNCH (~350 KCAL)



Vegetable khichdi (1 cup cooked) +
grilled chicken/fish (60 g cooked) + salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Phulka (2 medium) +
chicken curry (70 g cooked) + salad