

# KASHMIRI DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Girda (Kashmiri bread, 1 small)  
+ curd (½ cup)

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



Fruit (1 medium)

#### LUNCH (~350 KCAL)



Rice (1 cup cooked) +  
rajma (¾ cup cooked) + kachumber

#### EVENING (~100 KCAL)



Roasted nut mix (25 g)

#### DINNER (~350 KCAL)



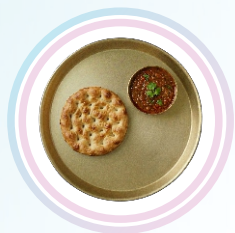
Dum aloo (1 cup cooked, less oil) +  
roti (1 medium) + green salad

# KASHMIRI DIET

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



### BREAKFAST (~300 KCAL)



Egg curry (2 eggwhites) +  
Girda (1 medium)

### MID-MORNING (~100 KCAL)



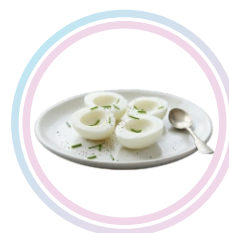
1 boiled egg

### LUNCH (~350 KCAL)



Rogan josh (80 g cooked, less oil) +  
rice (1 cup cooked) + kachumber

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



Murg yakhni (80 g cooked, less oil)  
+ roti (1 medium) + green salad