

# KERALA DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Idli (2 medium) +  
sambar (1 cup)

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



Tender coconut water (1 glass)

#### LUNCH (~350 KCAL)



Red rice (1 cup cooked)  
+ dal curry ( $\frac{3}{4}$  cup cooked)  
+ Beans thoran  $\frac{1}{2}$  cup + salad

#### EVENING (~100 KCAL)



Roasted peanuts (25 g)

#### DINNER (~350 KCAL)



Padavalanga thoran (1 cup) +  
chapati (2 small) + green salad

# KERALA DIET

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



### BREAKFAST (~300 KCAL)



Egg roast (1 egg) +  
appam (1 medium)

### MID-MORNING (~100 KCAL)



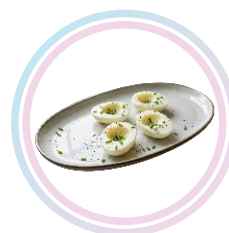
1 boiled egg

### LUNCH (~350 KCAL)



Fish curry (80 g cooked) +  
red rice (1 cup cooked) +  
cucumber salad

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



Chicken stew (80 g cooked) +  
appam (1 medium) + green salad