

MP-CHHATTISGARH DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule

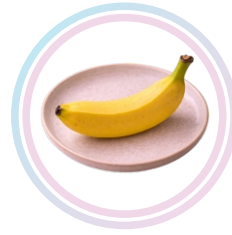


BREAKFAST (~300 KCAL)



Poha (1 cup cooked) + peanuts

MID-MORNING (~100 KCAL)



Fruit (1 medium)

LUNCH (~350 KCAL)



Rice (1 cup cooked) +
arhar dal ($\frac{3}{4}$ cup cooked) +
Gobhi sabzi + salad

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Mix vegetable curry (1 cup) +
roti (1 medium) + $\frac{1}{2}$ cup veg raita

MP-CHHATTISGARH DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Vegetable omelette (2 egg whites)
+ poha (½ cup cooked)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Chicken curry (80 g cooked) +
rice (1 cup cooked) + salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Fish curry (80 g cooked) +
roti (1 medium) + mix veg salad