

# MAHARASHTRIAN DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Vegetable upma (1 cup cooked) +  
paneer/legume salad (½ cup)

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



Cucumber-peanut  
koshimbir (½ cup)

#### LUNCH (~350 KCAL)



Matki bhat (½ cup cooked) +  
gobhi sabji (1 cup) +  
curd (½ cup) + salad

#### EVENING (~100 KCAL)



Roasted chana (25 g)

#### DINNER (~350 KCAL)



Usal (1 cup) +  
jowar bhakri (1 medium)

# MAHARASHTRIAN DIET

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



### BREAKFAST (~300 KCAL)



Kanda poha (1 cup cooked) +  
egg white omelette (2 egg whites)

### MID-MORNING (~100 KCAL)



1 boiled egg

### LUNCH (~350 KCAL)



Masale bhat (½ cup cooked) +  
grilled fish (60 g cooked) + salad

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



Jowar bhakri (1 medium) +  
chicken curry (70 g cooked) + cucumber salad