

# PUNJABI DIET

## Vegetarian Meal Plan

### A 1200-kcal Meal Schedule



#### BREAKFAST (~300 KCAL)



Paneer bhurji ( $\frac{3}{4}$  cup) +  
phulka (1 medium)

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



Lassi (1 cup)

#### LUNCH (~350 KCAL)



Rajma ( $\frac{3}{4}$  cup cooked) +  
rice ( $\frac{3}{4}$  cup cooked) + salad

#### EVENING (~100 KCAL)



Roasted chana (25 g)

#### DINNER (~350 KCAL)



Kadhi (1 cup) +  
phulka (1 medium) + salad

# PUNJABI DIET

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



### BREAKFAST (~300 KCAL)



Egg bhurji (2 eggs) +  
phulka (1 medium)

### MID-MORNING (~100 KCAL)



1 boiled egg

### LUNCH (~350 KCAL)



Chicken curry (80 g cooked)  
+ rice ( $\frac{3}{4}$  cup cooked)

### EVENING (~100 KCAL)



Boiled egg whites (2)

### DINNER (~350 KCAL)



Chicken tikka (20-30 g) + Chicken curry (50 g cooked)  
+ phulka (1 medium) + cucumber salad