

TELUGU DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Pesarattu (2 medium)

MID-MORNING (~100 KCAL)



Buttermilk (1 cup)

LUNCH (~350 KCAL)



Rice (1 cup cooked) + dal ($\frac{3}{4}$ cup cooked)
+ kura (vegetable curry, 1 cup) + salad

EVENING (~100 KCAL)



Sundal/Senagapappu
usli ($\frac{1}{2}$ cup cooked)

DINNER (~350 KCAL)



Seasonal kura curry (1 cup)
+ roti (1 medium)

TELUGU DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg pesarattu (2 small, 2 eggs)

MID-MORNING (~100 KCAL)



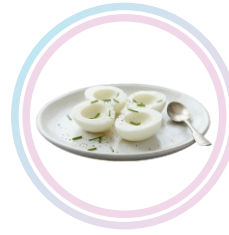
1 boiled egg

LUNCH (~350 KCAL)



Kodi kura (80 g cooked) +
rice (1 cup cooked) + salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chepa (fish) curry (80 g cooked)
+ roti (1 medium)