

UP-BIHAR DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Sattu paratha (1 medium) +
curd (½ cup)

MID-MORNING (~100 KCAL)



Fruit (1 medium)

LUNCH (~350 KCAL)



Rice (1 cup cooked) + lauki sabzi (½ cup)
arhar dal (¾ cup cooked) +
+ Kachumber salad (½ cup)

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



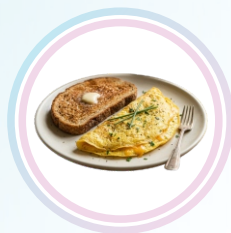
Mixed vegetable tarkari (1 cup) +
roti (1 medium)

UP-BIHAR DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg omelette (2 eggs) +
toast (1 slice)

MID-MORNING (~100 KCAL)



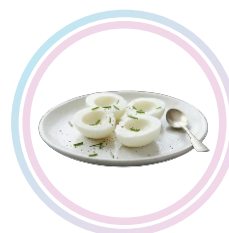
1 boiled egg

LUNCH (~350 KCAL)



Chicken curry (80 g cooked) +
rice (1 cup cooked) + Kachumber salad (½ cup)

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Fish curry (80 g cooked) +
roti (1 medium)