

# 1200 kcal



Vegetarian / Non Vegetarian



**Breakfast**  
(8.30 AM)

1 cup chai/skim milk with zero calorie sweetener.  
2 whole wheat toast.



**Lunch**  
(12.30 PM)

1 roti-no ghee.  
1 cup low fat rajmah (or low fat chicken curry).  
½ cup spinach subji.  
½ cup onion and cucumber salad.  
1 roasted papad.



**Tea time**  
(4.00 PM)

1 cup chai/skim milk with zero calorie sweetener.



**Dinner**  
(8.00 PM)

1 roti-no ghee.  
½ cup chole (or ½ cup low fat kheema).  
1 cup cauliflower subji.  
½ cup dahi (fat free).



**Snack**  
(10.00 PM)

1 cup skim milk.

**Disclaimer :**

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The statements made within are not intended to diagnose, treat, cure or prevent any disease.

# 1400 kcal



Vegetarian / Non Vegetarian



**Breakfast**  
(8.30 AM)

1 cup chai/skim milk with zero calorie sweetener.  
2 whole wheat toast.  
1 teaspoon butter.  
1 cup skim milk.



**Lunch**  
(12.30 PM)

1 cup low fat rajmah (or low fat chicken curry).  
½ cup spinach subji.  
½ cup onion and cucumber salad.  
1 roasted papad.



**Tea time**  
(4.00 PM)

1 cup chai/skim milk with zero calorie sweetener.  
1 oz (30grams) mixed nuts.  
1 banana.



**Dinner**  
(8.00 PM)

½ cup chole (or ½ cup low fat kheema).  
1 cup cauliflower subji.  
½ cup dahi (fat free).



**Snack**  
(10.00 PM)

1 cup skim milk.

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