

1200 kcal



Vegetarian / Non Vegetarian



Breakfast
(7.30 AM)

1 cup of coffee with ½ cup fat free or 1% milk.
2 slice of whole wheat or multi grain toast.
2 tsp. of margarine. OR
2 small idlies. OR
1 cup of cracked wheat upma with 2 tbsp. of tomato veg or dal chutney.



Snack
(10.30 AM)

1 fresh fruit (a small apple).



Lunch
(12.30 PM)

1 ½ cups brown rice OR
1 small rotis with ½ cup of brown rice.
1 cup sambhar or dal.
1 cup rasam.
1 cup green beans curry.
Shredded carrot salad with lemon juice.
½ cup fat free yogurt.
1 small roasted pappad/applalam.
1 tbsp oil in cooking.



Tea time
(4.00 PM)

½ cup dry cereal mix (made with puffed rice, puffed wheat).
1 cup coffee with fat free milk.



Dinner
(7.30 PM)

1 cup cooked brown rice or cracked wheat
2 oz fish or white meat chicken (non vegetarians) OR
1 cup whole gram dhal or chick peas sundal.
1 cup spinach curry (dry or wet).
1 tbsp oil in cooking.

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
(7.30 AM)

1 cup of coffee with ½ cup fat free or 1% milk.
2 slice of whole wheat or multi grain toast.
2 tsp. of margarine. OR
2 small idlies. OR
1 cup of cracked wheat upma with 2 tbsp. of tomato veg or dal chutney.



Snack
(10.30 AM)

1 fresh fruit (a small apple).



Lunch
(12.30 PM)

1 ½ cups brown rice OR
1 small rotis with ½ cup of brown rice.
1 cup sambhar or dal.
1 cup rasam.
1 cup green beans curry.
Shredded carrot salad with lemon juice.
½ cup fat free yogurt.
1 small roasted pappad/applalam.
1 tbsp oil in cooking.



Tea time
(4.00 PM)

½ cup dry cereal mix (made with puffed rice, puffed wheat).
1 cup coffee with fat free milk.



Dinner
(7.30 PM)

1 cup cooked brown rice or cracked wheat
3 oz fish or white meat chicken (non vegetarians) OR
1 cup whole gram dhal or chick peas sundal.
1 cup spinach curry (dry or wet).
1 cup raita with grated cucumber (½ cup low fat yogurt and ½ cup cucumber).
1 tbsp oil in cooking.

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