

YOUR 1200Kcal VEGETARIAN DIET

Early morning (7:00 – 7:30 A.M.) :	1 glass luke warm water + 1 tbsp fenugreek seed soaked overnight/ 1 glass luke warm lemon water
After half an hour (8:00 A.M.) :	1 cup green tea/ black tea (without sugar) + 1 cream cracker biscuit/ marie biscuit
Breakfast (8:30 - 9:00) :	<p>55g oatmeal <i>or</i> 45g poha <i>or</i> 45g dalia <i>or</i> 50g muesli <i>or</i> 45g puffed rice with nuts and ½ cup skimmed milk <i>or</i> 1 stuffed paratha made from 50g of multigrain flour <i>or</i> whole wheat flour dough with greens and can be eaten with green chutney <i>or</i> tomato chutney <i>or</i> pesto dip</p> <p style="text-align: center;"><i>Optional</i></p> <p>55g oatmeal <i>or</i> 45g poha <i>or</i> 45g dalia can be cooked with low GI vegetables of your choice for those preferring salted breakfast meals</p>
Mid-morning (10:00 A.M.) :	<p>1. 100g green gram sprouts with a dash of lime <i>or</i> 90g methi sprouts salad</p> <p>2. 10 nos. of soaked almonds <i>or</i> a handful of roasted ground nut</p>
Lunch (1:00 P.M.) :	<p>1. 150g (50g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice</p> <p style="text-align: center;"><i>Optional</i></p> <p>2 chapatti made from 55g of multigrain flour <i>or</i> whole wheat flour dough</p> <p>2. 100g of steamed <i>or</i> baked <i>or</i> stir fried vegetables of your choice with herbs (broccoli, capsicum, french beans, mushroom, etc.)</p> <p style="text-align: center;"><i>Optional</i></p> <p>100g stuffed <i>or</i> baked tomato <i>or</i> capsicum with paneer (cottage cheese)</p> <p>3. 50g bitter gourd fry <i>or</i> mashed</p> <p>4. 30g boiled mixed dal cooked with low GI mixed vegetables <i>or</i> rajmah <i>or</i> soyabean curry</p> <p>5. 80g paneer bhurji <i>or</i> 100g mushroom curry</p> <p>6. <i>Adjunts:</i> 75g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar <i>or</i> olive oil 60g of flavoured yoghurt <i>or</i> dahi 10g of mint chutney <i>or</i> 10g curry leaves chutney</p>
Mid-afternoon (3:00P.M.) :	200ml of grape fruit juice <i>or</i> amla juice <i>or</i> jamun juice <i>or</i> orange juice
Evening tea (5:00 P.M.) :	<p>1. 1 cup black tea <i>or</i> coffee(without sugar) + 1 cream cracker biscuit</p> <p>2. 1 brown bread vegetable sandwich/ 35g upma <i>or</i> chilla <i>or</i> 2 small size pancake (diameter:2inch)</p>
Dinner (7:30-8:00 P.M.) :	<p>1. 150g (50g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice</p> <p style="text-align: center;"><i>Optional</i></p> <p>2 chapatti made from 55g of multigrain flour <i>or</i> whole wheat flour dough</p> <p>2. 30g boiled mixed dal cooked with low GI mixed vegetables <i>or</i> 30g rajmah <i>or</i> 30g soyabean curry</p> <p>3. 80g baked <i>or</i> steamed beans, broccoli, capsicum & baby carrots <i>or</i> 80g cabbage poriyal</p> <p>4. 80g of green banana kofta curry <i>or</i> 80g of mashed banana and tomato</p>
Bed time :	100ml skimmed milk with a pinch of turmeric

NUTRIFACTS	DISTRIBUTION OF CARBOHYDRATE		
Energy = 1200Kcal	On rising	= 2%	= 3.6 g
	Breakfast	= 20%	= 36g
Carbohydrate = 180 g = 720 Kcal	Mid - Morning	= 5%	= 9 g
	Lunch	= 30%	= 54 g
Protein = 60g = 240Kcal	Mid - afternoon	= 4%	= 7.2 g
	Evening	= 7%	= 12.6 g
Fat = 26.67 g = 240 Kcal	Dinner	= 30%	= 54 g
	Bed time	= 2%	= 3.6 g