

YOUR 1000Kcal VEGETARIAN DIET

Early morning (7:00 – 7:30 A.M.) :	1 glass luke warm water + 1 tbsp fenugreek seed soaked overnight <i>or</i> 1 glass luke warm lemon water
After half an hour (8:00 A.M.) :	1 cup green tea <i>or</i> black tea (without sugar) + 1 cream cracker biscuit <i>or</i> marie biscuit
Breakfast (8:30 - 9:00) :	<p>50g oatmeal <i>or</i> 40g poha <i>or</i> 40g dalia <i>or</i> 45g muesli <i>or</i> 40g puffed rice with nuts and ½ cup skimmed milk <i>or</i> 1 stuffed paratha made from 45g 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>50g oatmeal <i>or</i> 40g poha <i>or</i> 40g 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. 90g green gram sprouts with a dash of lime <i>or</i> 80g methi sprouts salad</p> <p>2. 7 nos. of soaked almonds <i>or</i> a handful of roasted ground nut</p>
Lunch (1:00 P.M.) :	<p>1. 90g (30g 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>1 chapatti made from 35g 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, cabbage, 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>Adjuncts:</i></p> <p>½ cup of flavoured yoghurt</p> <p>50g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar <i>or</i> olive oil</p> <p>5g mint chutney <i>or</i> 5g curry leaves chutney</p>
Mid-afternoon (3:00P.M.) :	150ml 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)</p> <p>2. 1 brown bread vegetable sandwich <i>or</i> 1 brown bread toast with 1tsp with peanut butter <i>or</i> 30g upma <i>or</i> 1 medium size pancake (diameter:3inch)</p>
Dinner (7:30-8:00 P.M.) :	<p>1. 90g (30g 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>1 chappatti made from 35g 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. 75g baked <i>or</i> steamed beans, broccoli, baby carrots & capsicum <i>or</i> 75g cabbage poriyal</p> <p>4. 75g of green banana kofta curry <i>or</i> 75g of mashed banana and tomato</p>
Bed time :	100ml skimmed milk with a pinch of turmeric

NUTRIFACTS	DISTRIBUTION OF CARBOHYDRATES
Energy = 1000 Kcal Carbohydrate = 150 g = 600Kcal Protein = 50 g = 200 Kcal Fat = 22.22 g = 200 Kcal	On rising = 2%= 3g Breakfast = 20%= 30g Mid - Morning = 5% = 7.5g Lunch = 30% = 45g Mid - afternoon = 4% = 6g Evening = 7% = 10.5g Dinner = 30% = 45g Bed time = 2% = 3g