

YOUR 1600Kcal VEGETARIAN DIET

Early morning (7:00 – 7:30 A.M.) :	1 glass luke warm water + 1 tbsp fenugreek seed soaked overnight or 1 glass luke warm lemon water
After half an hour (8:00 A.M.) :	1 cup green tea/ black tea (without sugar) + 2 cream cracker biscuit/marie biscuit
Breakfast (8:30 - 9:00) :	70g oatmeal or 55g poha or 55g dalia or 65g muesli or 60g puffed rice with nuts and ½ cup skimmed milk or 2 stuffed paratha made from 65g of multigrain flour or whole wheat flour dough with greens and can be eaten with green chutney or tomato chutney or pesto dip Optional 70g oatmeal or 55g poha or 55g dalia can be cooked with low GI vegetables of your choice for those preferring salted breakfast meals
Mid-morning (10:00 A.M.) :	1. 150g green gram sprouts with a dash of lime or 140g methi sprouts salad 2. 14 nos. of soaked almonds or a handful of roasted ground nut
Lunch (1:00 P.M.) :	1. 165g (55g raw rice) steamed brown rice or red rice or parboiled rice Optional 2 chapatti made from 60g of multigrain flour or whole wheat flour dough 2. 30g boiled dal cooked with low GI mixed vegetables or rajmah or soyabean curry 3. 100g of steamed or baked or stir fried vegetables of your choice with herbs (broccoli, capsicum, french beans, mushroom, etc.) Optional 100g stuffed or baked tomato or capsicum with paneer (cottage cheese) 4. 50g bitter gourd fry or mashed 5. 80g paneer bhurji or 100g mushroom curry 6. Adjunts: 100g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar or olive oil 60g of flavoured yoghurt or dahi 15g of mint chutney or 15g curry leaves chutney
Mid-afternoon (3:00P.M.) :	250ml of grape fruit juice or amla juice or jamun juice or orange juice
Evening tea (5:00 P.M.) :	1. 1 cup black tea or coffee(without sugar) 2. 2 brown bread vegetable sandwich or 2 brown bread toast with peanut butter or 60g upma or 3 small size pancake (diameter:2inch)
Dinner (7:30-8:00 P.M.) :	1. 165g (55g raw rice) steamed brown rice or red rice or parboiled rice Optional 2 chapatti made from 60g of multigrain flour or whole wheat flour dough 2. 30g boiled mixed dal cooked with low GI mixed vegetables or 30g rajmah soyabean curry 3. 100g baked or steamed beans, broccoli& baby carrots or 100g cabbage poriyal 4. 100g of green banana kofta curry or 100g of mashed green banana and tomato
Bed time :	100ml skimmed milk with a pinch of turmeric

NUTRIFACTS	DISTRIBUTION OF CARBOHYDRATE
Energy = 1600 Kcal	On rising = 2% = 4.8 g
Carbohydrate = 240 g = 960 Kcal	Breakfast = 20% = 48g
Protein = 80g = 320Kcal	Mid - Morning = 5% = 12 g
Fat = 35.55 g = 320 Kcal	Lunch = 30% = 72 g
	Mid - afternoon = 4% = 9.6 g
	Evening = 7% = 16.8 g
	Dinner = 30% = 72 g
	Bed time = 2% = 4.8 g