

YOUR 1200Kcal NON-VEGETARIAN MENU

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) :	<ol style="list-style-type: none"> 2 egg white poached <i>or</i> omelette <i>or</i> bhurji 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 $\frac{1}{2}$ 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 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.) :	<ol style="list-style-type: none"> 100g green gram sprouts with a dash of lime / 90g methi sprouts salad 10 nos. of soaked almonds <i>or</i> a handful of roasted ground nut
Lunch (1:00 P.M.) :	<ol style="list-style-type: none"> 150g (50g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice <i>Optional</i> 2 chapatti made from 55g of multigrain flour <i>or</i> whole wheat flour dough 80g of steamed <i>or</i> baked <i>or</i> stir fried vegetables of your choice with herbs <i>or</i> (best combination with broccoli, capsicum, french beans, mushroom, etc.) <i>Optional</i> 80g stuffed <i>or</i> baked tomato <i>or</i> capsicum with paneer (cottage cheese) 50g bitter gourd fry <i>or</i> mashed 100g steamed <i>or</i> baked <i>or</i> grilled fish <i>or</i> 120g steamed <i>or</i> baked <i>or</i> grilled chicken breast <i>or</i> methi chicken <i>or</i> chicken roast <i>Adjuncts:</i> 75g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar <i>or</i> olive oil $\frac{1}{4}$ cup <i>or</i> 60g of flavoured yoghurt 10g mint chutney/ 10g curry leaves chutney
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.) :	<ol style="list-style-type: none"> 1 cup black tea <i>or</i> coffee(without sugar) + 1 cream cracker biscuit 1 brown bread toast with 1tbsp peanut butter <i>or</i> 35g upma <i>or</i> 2 small pancake(diameter:2inch)
Dinner (7:30-8:00 P.M.) :	<ol style="list-style-type: none"> 150g (50g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice <i>Optional</i> 2 chapatti made from 55g of multigrain flour <i>or</i> whole wheat flour dough 30g boiled mixed dal cooked with low GI mixed vegetables <i>or</i> 30g rajmah <i>or</i> 30g soyabean curry 80g baked <i>or</i> steamed beans, broccoli, baby carrots & capsicum <i>or</i> 80g cabbage poriyal 80g of green banana kofta curry <i>or</i> 60g of mashed banana and tomato
Bed time :	100ml skimmed milk with a pinch of turmeric

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