

# YOUR 1600Kcal NON-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 <i>or</i> black tea (without sugar) + 2 cream cracker biscuit <i>or</i> marie biscuit
Breakfast (8:30 - 9:00) :	<ol style="list-style-type: none"> <li>2 egg poached <i>or</i> omelette <i>or</i> bhurji</li> <li>70g oatmeal <i>or</i> 55g poha <i>or</i> 55g dalia <i>or</i> 65g muesli <i>or</i> 60g puffed rice with nuts and ½ cup skimmed milk <i>or</i> 2 stuffed paratha made from 65g 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</li> </ol> <p style="text-align: center;"><i>Optional</i></p> <p>70g oatmeal <i>or</i> 55g poha <i>or</i> 55g 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"> <li>150g green gram sprouts with a dash of lime <i>or</i> 140 methi sprouts salad</li> <li>14 nos. of soaked almonds <i>or</i> a handful of roasted ground nut</li> </ol>
Lunch (1:00 P.M.) :	<ol style="list-style-type: none"> <li>165g(55g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice</li> </ol> <p style="text-align: center;"><i>Optional</i></p> <p>2 chapatti made from 60g of multigrain flour <i>or</i> whole wheat flour dough</p> <ol style="list-style-type: none"> <li>100g of steamed <i>or</i> baked <i>or</i> stir fried vegetables of your choice with herbs (broccoli, capsicum, French beans, mushroom, etc.)</li> </ol> <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> <ol style="list-style-type: none"> <li>50g bitter gourd fry <i>or</i> mashed</li> <li>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</li> <li><b>Adjunts:</b> 100g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar <i>or</i> olive oil 60g of flavoured yoghurt/dahi 15g of mint chutney/15g curry leaves chutney</li> </ol>
Mid-afternoon (3:00P.M.) :	250ml 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"> <li>1 cup black tea <i>or</i> coffee(without sugar)</li> <li>2brown bread toast with 1tsp peanut butter <i>or</i> 60g upma <i>or</i> 3 small size pancake (diameter:2inch)</li> </ol>
Dinner (7:30-8:00 P.M.) :	<ol style="list-style-type: none"> <li>165g (55g raw rice) steamed brown rice <i>or</i> red rice <i>or</i> parboiled rice</li> </ol> <p style="text-align: center;"><i>Optional</i></p> <p>2 chapatti made from 60g of multigrain flour <i>or</i> whole wheat flour dough</p> <ol style="list-style-type: none"> <li>30g boiled mixed dal cooked with low GI mixed vegetables <i>or</i> 30g rajmah <i>or</i> 30g soyabean curry</li> <li>100g baked <i>or</i> steamed beans, broccoli, baby carrots &amp; capsicum <i>or</i> 100g cabbage poriyal</li> <li>100g of green banana kofta curry <i>or</i> 100g of mashed banana and tomato</li> </ol>
Bed time :	100ml skimmed milk with a pinch of turmeric

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