

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) :	55g oatmeal or 45g poha or 45g dalia or 50g muesli or 45g puffed rice with nuts and ½ cup skimmed milk or 1 stuffed paratha made from 50g of multigrain flour or whole wheat flour dough with greens and can be eaten with green chutney or tomato chutney or pesto dip Optional 55g oatmeal or 45g poha or 45g dalia can be cooked with low GI vegetables of your choice for those preferring salted breakfast meals
Mid-morning (10:00 A.M.) :	1. 100g green gram sprouts with a dash of lime or 90g methi sprouts salad 2.10 nos. of soaked almonds or a handful of roasted ground nut
Lunch (1:00 P.M.) :	1. 150g (50g raw rice) steamed brown rice or red rice or parboiled rice Optional 2 chapatti made from 55g of multigrain flour or whole wheat flour dough 2. 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) 3. 50g bitter gourd fry or mashed 4. 30g boiled mixed dal cooked with low GI mixed vegetables or rajmah or soyabean curry 5. 80g paneer bhurji or 100g mushroom curry 6. Adjunts: 75g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar or olive oil 60g of flavoured yoghurt or dahi 10g of mint chutney or 10g curry leaves chutney
Mid-afternoon (3:00P.M.) :	200ml 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) + 1 cream cracker biscuit 2. 1 brown bread vegetable sandwich/ 35g upma or chilla or 2 small size pancake (diameter:2inch)
Dinner (7:30-8:00 P.M.) :	1. 150g (50g raw rice) steamed brown rice or red rice or parboiled rice Optional 2 chapatti made from 55g of multigrain flour or whole wheat flour dough 2. 30g boiled mixed dal cooked with low GI mixed vegetables or 30g rajmah or 30g soyabean curry 3. 80g baked or steamed beans, broccoli, capsicum & baby carrots or 80g cabbage poriyal 4. 80g of green banana kofta curry or 80g of mashed banana and tomato
Bed time :	100ml skimmed milk with a pinch of turmeric

NUTRIFACTS	DISTRIBUTION OF CARBOHYDRATE
Energy = 1200Kcal	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