

YOUR 1000Kcal 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 or black tea (without sugar) + 1 cream cracker biscuit or marie biscuit
Breakfast (8:30 - 9:00) :	50g oatmeal or 40g poha or 40g dalia or 45g muesli or 40g puffed rice with nuts and ½ cup skimmed milk or 1 stuffed paratha made from 45g of multigrain flour or whole wheat flour dough with greens and can be eaten with green chutney or tomato chutney or pesto dip Optional 50g oatmeal or 40g poha or 40g dalia can be cooked with low GI vegetables of your choice for those preferring salted breakfast meals
Mid-morning (10:00 A.M.) :	1. 90g green gram sprouts with a dash of lime or 80g methi sprouts salad 2. 7 nos. of soaked almonds or a handful of roasted ground nut
Lunch (1:00 P.M.) :	1. 90g (30g raw rice) steamed brown rice or red rice or parboiled rice Optional 1 chapatti made from 35g 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, cabbage, 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. Adjuncts: ½ cup of flavoured yoghurt 50g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar or olive oil 5g mint chutney or 5g curry leaves chutney
Mid-afternoon (3:00P.M.) :	150ml 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. 1 brown bread vegetable sandwich or 1 brown bread toast with 1tsp with peanut butter or 30g upma or 1 medium size pancake (diameter:3inch)
Dinner (7:30-8:00 P.M.) :	1. 90g (30g raw rice) steamed brown rice or red rice or parboiled rice Optional 1 chappatti made from 35g 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. 75g baked or steamed beans, broccoli, baby carrots & capsicum or 75g cabbage poriyal 4. 75g of green banana kofta curry or 75g of mashed banana and tomato
Bed time :	100ml skimmed milk with a pinch of turmeric

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