

YOUR 1200Kcal NON-VEGETARIAN MENU

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) :	<div>1. 2 egg white poached or omelette or bhurji</div> <div>2. 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</div> <div>Optional</div> <div>55g oatmeal or 45g poha or 45g dalia can be cooked with low GI vegetables of your choice for those preferring salted breakfast meals</div>
Mid-morning (10:00 A.M.) :	<div>1. 100g green gram sprouts with a dash of lime / 90g methi sprouts salad</div> <div>2. 10 nos. of soaked almonds or a handful of roasted ground nut</div>
Lunch (1:00 P.M.) :	<div>1. 150g (50g raw rice) steamed brown rice or red rice or parboiled rice</div> <div>Optional</div> <div>2 chapatti made from 55g of multigrain flour or whole wheat flour dough</div> <div>2. 80g of steamed or baked or stir fried vegetables of your choice with herbs or (best combination with broccoli, capsicum, french beans, mushroom, etc.)</div> <div>Optional</div> <div>80g stuffed or baked tomato or capsicum with paneer (cottage cheese)</div> <div>3. 50g bitter gourd fry or mashed</div> <div>4. 100g steamed or baked or grilled fish or 120g steamed or baked or grilled chicken breast or methi chicken or chicken roast</div> <div>5. Adjuncts:</div> <div>75g salad (cucumber, tomato, onion, spinach, carrots) with 1tbsp balsamic vinegar or olive oil</div> <div>¼ cup or 60g of flavoured yoghurt</div> <div>10g mint chutney/ 10g curry leaves chutney</div>
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.) :	<div>1. 1 cup black tea or coffee(without sugar) + 1 cream cracker biscuit</div> <div>2. 1 brown bread toast with 1tbsp peanut butter or 35g upma or 2 small pancake(diameter:2inch)</div>
Dinner (7:30-8:00 P.M.) :	<div>1. 150g (50g raw rice) steamed brown rice or red rice or parboiled rice</div> <div>Optional</div> <div>2 chapatti made from 55g of multigrain flour or whole wheat flour dough</div> <div>2. 30g boiled mixed dal cooked with low GI mixed vegetables or 30g rajmah or 30g soyabean curry</div> <div>3. 80g baked or steamed beans, broccoli, baby carrots & capsicum or 80g cabbage poriyal</div> <div>4. 80g of green banana kofta curry or 60g of mashed banana and tomato</div>
Bed time :	100ml skimmed milk with a pinch of turmeric

NUTRIFACTS	DISTRIBUTION OF CARBOHYDRATE
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