

Veg

Breakfast

cup of low fat milk + vegitable paratha+ a few almonds+ walnuts+1 cup grapes or mango sliced

Lunch

bow1(150 gms) of brown rice or whole wheat chapattis+ 1 bowl of mixed vegetables(Beans/Gawar/Cucumber/Capsicum)+ green chutney+ salad

Dinner

fried veggies(Lady Finger/Gawar/Carela) with baked potato + 1 cup of brown rice/ whole wheat chappati+Fruit juice(Mango/Watermelon)