

MEAL	ITEM	AMOUNT (gms)	ENERGY (Kcal)
<b>Breakfast</b>			
Milk -1 cup	MILK	125(ml)	83.75
Bread-1	CEREAL	20	70
Egg-1 (whole)	PROTEIN	30	100
Butter-1/2 tsp	OIL	2.5	22.5
			276.25
<b>Mid-morning</b>			
Fruits-1 portion	FRUITS	100	40
<b>Lunch</b>			
Chapattis-1	CEREAL	20	70
Moong dal-1 katori	DAL	30	100
Vegetable-1 katori	VEGETABLE	150	40
Dahi-1 katori	DAHI	100	67
Oil-1 tsp	OIL	5	45
			392
<b>Evening snack</b>			
Green tea			
Biscuit-1	Cereal	20	66
	Sugar	5	17
<b>Dinner</b>			
Chapattis-1	CEREAL	20	70
Masoor dal-1 katori	DAL	30	100
Vegetable-1 katori	VEGETABLE	150	40
Oil-1 tsp	OIL	5	45
			325
<b>Grand total</b>			
			1000 apprx.
	60:20:20		