

Meal	Items	Amount in grams	Energy in Kcal
Early Morning Saunf water	1tsp Saunf Water	5g 200ml	20 -
Breakfast Milk-1 Glass Vermacalli-1 K	Milk- 1 glass Jaggery powder Vermicalli Onion Capsicum Tomato Corn Oil	200ml 5g 1 plate 60g 75g 60g 100g 5g	135 19.15 220 24 30 10 86 45
Mid-Morning 2 Banana 8 almonds 2 walnuts	2 banana 8 almonds 2 walnuts	236g 8g 13g	210 46 13
Lunch Soya bean and paneer Pulao + Cucumber raita	1 bowl of rice Onion Capsicum Tomato Corn Paneer Soya chunks Oil Cucumber Curd	316g 60g 75g 60g 100g 100g 50g 5g 100g 150g	411 24 30 10 86 265 175 45 45 147
Evening: Tea + Roasted makhana	1 cup milk Jaggery powder 1 k of makhana	125g 5g 30g	83.5 19.15 111
Dinner 1 Bowl- Salad 3- Chapati 1 k Dal	Cucumber Onion Tomato Moong Dal Chapati Ghee Oil Potato	100g 60g 60g 30g 60g 1 tsp 1tsp 173g	45 24 10 100 210 45 45 161

	Cauliflower Oil	100g 1 tsp	25 45
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