

1200 Calorie Indian Meal plan for Weight Reduction

Nonvegetarian options has approx. Carbohydrates: 155g, Fat: 34g, Proteins: 66g

Vegetarian options has approx Carbohydrates : 183g, Fat: 32g, Proteins: 49g

Sample Menu non-veg/ veg

<p><u>Breakfast</u> 1bread/ 1starch 1 oz meat/ egg/1 oz. paneer/1oz low fat cheese 1 Fruit 1 Fat 1 Milk Coffee/Tea</p>	<p><u>Breakfast</u> 1 Slice whole wheat bread or 1/2 cup cereal 1 egg boiled/ poached egg or 1 oz paneer(made from toned/ 2% Milk)or 1/2 cup sprouts 1 small banana/ 120g of apple/pear 1tsp margarine 8 oz/ 1 cup of 1% milk Coffee with 1tsp sugar about 200ml</p>
<p><u>Lunch</u> 2 oz meat/ Dal Salads 1 vegetable 2 Bread/ rice</p>	<p><u>Lunch</u> 2 oz tandoori/ grilled fish or Dal 1/2 cup or kadhi 3/4 cup few slicesCucumber, carrots & tomato 1/2 cup patta gobhi-matar/ okra/ gobhi 2 roti of 35gm each or 1 cup rice (oil used in cooking is 5ml) Water</p>
<p><u>Evening tea</u></p>	<p><u>Evening tea</u> Tea with 1tsp sugar about 200ml</p>
<p><u>Dinner</u> 2 oz meat/ Curried vegetables/ paneer 1 vegetable 2 Bread/ rice</p>	<p><u>Dinner</u> 2 oz of roasted/ grilled chicken or 3 Giya kofta with curry or Matar Paneer 1/2 cup 1/2 cup aloo gobhi/ aloo simla mirch/ aloo palak 2 roti of 35gm each (oil used in cooking 5 ml) Water</p>
<p><u>Evening Supper</u> 1 milk</p>	<p><u>Evening Supper</u> 8 oz/ 1 cup of 1% milk</p>