

2000 Calorie Indian Meal plan for Weight Reduction

Nonvegetarian options has approx. Carbohydrates: 264g, Fat: 55g, Proteins: 105g

Vegetarian options has approx Carbohydrates : 302g, Fat: 53g, Proteins: 78g

Sample Menu non-veg/ veg

<p><u>Breakfast</u> 2 Bread/ Starch</p> <p>1 oz meat/ 1 egg/ 1oz paneer/1oz low fat cheese</p> <p>1 Fruit 1 Fat 1 Milk Coffee/Tea</p>	<p><u>Breakfast</u> 2 Slice whole wheat bread or 1/2 cup cereal +1 Slice whole wheat bread</p> <p>1 egg boiled/ poached egg or 1 oz paneer/ cheese(made from 2% Milk) or 1/2 cup sprouts</p> <p>1 small banana/ 120g of apple/pear</p> <p>1tsp margarine</p> <p>8 oz/ 1 cup of 1% milk</p> <p>Coffee with 1tsp sugar about 200ml</p>
<p><u>Lunch</u> 3 oz meat/ Dal</p> <p>Salads 1 vegetable 3 Bread/ rice 1 Milk Serving</p>	<p><u>Lunch</u> 3 oz tandoori/ grilled fish or Dal 1 cup or Kadhi 1 1/4 cup slices Cucumber, carrots & tomato 1/2 cup patta gobhi-matar/ okra/ gobhi 3 roti of 35gm each or 1+ 1/3 cup rice 3/4 cup low fat 1% curd plain Water ,(oil used in cooking 10ml)</p>
<p><u>Evening tea</u></p>	<p><u>Evening tea</u> Tea with 1tsp sugar about 200ml 6 saltine / 1 1/2 medium cookie of about 12g 1 pc. Dhokla of 2"x2"x1"/ 4 graham crackers</p>
<p><u>Dinner</u> 4 oz meat/ Curried vegetables/ paneer</p> <p>1 vegetable 3 Bread/ rice Desert</p>	<p><u>Dinner</u> 4 oz of roasted/ grilled chicken or 4 Giya kofta with curry or Matar Paneer 3/4 cup 1/2 cup aloo gobhi/ aloo simla mirch/ aloo palak 3 roti of 35gm each or equivalent rice Icecream 50g /one scoop /1/4 cup or Water ,(oil used in cooking can be upto 10 ml)</p>
<p><u>Evening Supper</u> 1 milk Fruit</p>	<p><u>Evening Supper</u> 8 oz/ 1 cup of 1% milk 1 small apple/pear/ 20 grapes</p>