

# Menu Plan – 1600 KCAL

[Vegetarian / Non Vegetarian]

## Morning

- Tea 1 Cup With Milk (20 Kcal)
- Nuts – Half Serving (30 Kcal)
- 2 Marie Biscuits

## Breakfast

- 1 Medium Katori Cooked Dalia or Wheat Flakes or Vegetable Poha or Vegetable Upma / 3 idli's / 2 Small Dosa / 4 Slices of Bread (Sandwich) / 1 Vegetable (Spinach), Stuffed Roti (220 Kcal)
- Milk (Toned) - 1 Glass (130 Kcal)
- Boiled Egg White – 2 (80 Kcal)

## Mid morning

- Fruit - 1 Medium Sized Apple / Orange / Papaya / Guava / Pear (60 Kcal)

## Lunch

- Salad - 1 Medium Plate (20 Kcal) Dal (Whole) - 1 Medium Katori (150 Kcal)
- Green Leafy Vegetables - 1 Medium Katori (75 Kcal) OR
- Curd / Vegetable – Raita - 1 Small Katori (150 Kcal)
- Chapati - 3 Medium Sized OR
- 3 Medium Katori Rice (170 Kcal)

## Evening tea

- Fresh Lime / Tea 1 Cup (20 Kcal) Fruits - 1 Medium Sized (60 Kcal)

## Dinner

- Salad - 1 Medium Plate (20 Kcal)
- Dal – 1 Medium Katori (150 Kcal) Mixed Vegetables – 1 Medium Katori (35 Kcal) OR
- Chicken / Fish With Curry - 2 Small Pieces (70 Kcal)
- Chapatti – 1 Medium Sized (85 Kcal)

## **What should you restrict in your diet and how can you replace with it other foods?**

### **Stop**

- Intake of saturated fats e.g. Full cream milk & Its products (Cheese, butter, ghee )
- Mayonnaise and sour creams dressing as these are concentrated fatty foods which added extra calories.
- Intake of refined sugar and desserts i.e ice creams, cakes, cream pastries, chocolates, pudding, burfi, khoya preparation.
- Canned, fried foods and ready to eat foods, i.e potato chips, namkeen, poories, parathas , samosas and pakoras.
- Avoid soft drinks and fruit juices as they will add extra calories.
- Smoking & alcohol should be stopped.
- Avoid coffee & caffeine containing products.
- Do not fry chicken, fish or any vegetables.

### **Go**

- Choose toned or skimmed milk for all milk preparations.
- Use oil like soyabean, rapeseed, mustard or olive for cooking use only 2-3 teaspoons in a day.
- Check with your dietician for use of sugar free substitutes.
- Fish or chicken can be taken once a week.
- Choose healthy snacks like sprouted dals as black chana, green gram, moth which can be included in salads, raitas, sandwiches etc.
- Exercise regularly (45 mins).
- Drink plenty of water approx, 8-10 glasses a day. You may substitute water with other fluids like buttermilk, tea, coffee, fresh lime water.
- Eat fish as they have high omega-3 fatty acids which help in reducing cholesterol.
- The diet should be rich in fibre foods like raw salads, green vegetables and whole grains.
- Reduce the intake of salt in the diet in case of hypertension. (avoid salt rich foods like salted biscuits, papads, pickles, canned food & fish.)