

ASSAMESE DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Vegetable poha (1 cup cooked)

MID-MORNING (~100 KCAL)



Fruit (1 medium)

LUNCH (~350 KCAL)



Rice (1 cup cooked) +
dal ($\frac{3}{4}$ cup cooked) + Lai xaak ($\frac{1}{2}$ cup)

EVENING (~100 KCAL)



Roasted peanuts (25 g)

DINNER (~350 KCAL)



Vegetable torkari (1 cup) +
roti (1 medium)

ASSAMESE DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg omelette (2 egg whites)
+ poha (½ cup)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Fish curry (80 g cooked) +
rice (1 cup cooked)
+ raw papaya salad (½ cup)

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chicken curry (80 g cooked) +
roti (1 medium)