

BENGALI DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Cholar dal ($\frac{3}{4}$ cup cooked)
+ roti (1 medium)

MID-MORNING (~100 KCAL)



Sprouts salad ($\frac{3}{4}$ cup)

LUNCH (~350 KCAL)



Rice (1 cup cooked) +
mixed dal ($\frac{1}{2}$ cup cooked) + vegetable

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Paneer curry ($\frac{3}{4}$ cup)
+ roti (1 medium)

BENGALI DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg curry (1 egg) +
roti (1 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Macher jhol (80 g cooked)
+ rice (1 cup cooked)

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



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