

KARNATAKA DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Ragi dosa (2 medium) +
sambar (1 cup)

MID-MORNING (~100 KCAL)



Buttermilk (1 cup)

LUNCH (~350 KCAL)



Boiled Rice (1 cup cooked) +
dal ($\frac{3}{4}$ cup cooked) + palya (1 cup)
+ salad

EVENING (~100 KCAL)



Sundal ($\frac{1}{2}$ cup cooked)

DINNER (~350 KCAL)



Vegetable saru (1 cup) + ragi mudde (1 medium)
+ $\frac{1}{2}$ cup Kosambari

KARNATAKA DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg dosa (2 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Chicken curry (80 g cooked) +
boiled rice (1 cup cooked) + $\frac{1}{2}$ cup raita

EVENING (~100 KCAL)



Boiled egg whites (2) salad

DINNER (~350 KCAL)



Fish curry (80 g cooked) +
ragi mudde (1 medium)
+ $\frac{1}{2}$ cup Kosambari