

KASHMIRI DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Girda (Kashmiri bread, 1 small)
+ curd (½ cup)

MID-MORNING (~100 KCAL)



Fruit (1 medium)

LUNCH (~350 KCAL)



Rice (1 cup cooked) +
rajma (¾ cup cooked) + kachumber

EVENING (~100 KCAL)



Roasted nut mix (25 g)

DINNER (~350 KCAL)



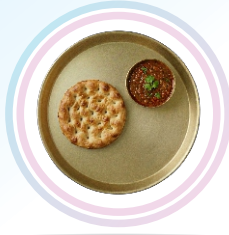
Dum aloo (1 cup cooked, less oil) +
roti (1 medium) + green salad

KASHMIRI DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg curry (2 eggwhites) +
Girda (1 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Rogan josh (80 g cooked, less oil) +
rice (1 cup cooked) + kachumber

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Murg yakhni (80 g cooked, less oil)
+ roti (1 medium) + green salad