

KERALA DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Idli (2 medium) +
sambar (1 cup)

MID-MORNING (~100 KCAL)



Tender coconut water (1 glass)

LUNCH (~350 KCAL)



Red rice (1 cup cooked)
+ dal curry ($\frac{3}{4}$ cup cooked)
+ Beans thoran $\frac{1}{2}$ cup + salad

EVENING (~100 KCAL)



Roasted peanuts (25 g)

DINNER (~350 KCAL)



Padavalanga thoran (1 cup) +
chapati (2 small) + green salad

KERALA DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg roast (1 egg) +
appam (1 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Fish curry (80 g cooked) +
red rice (1 cup cooked) +
cucumber salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chicken stew (80 g cooked) +
appam (1 medium) + green salad