

MAHARASHTRIAN DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Vegetable upma (1 cup cooked) +
paneer/legume salad (½ cup)

MID-MORNING (~100 KCAL)



Cucumber-peanut
kosimbir (½ cup)

LUNCH (~350 KCAL)



Matki bhat (½ cup cooked) +
gobhi sabji (1 cup) +
curd (½ cup) + salad

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Usal (1 cup) +
jowar bhakri (1 medium)

MAHARASHTRIAN DIET

Non-Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Kanda poha (1 cup cooked) +
egg white omelette (2 egg whites)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Masale bhat (½ cup cooked) +
grilled fish (60 g cooked) + salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Jowar bhakri (1 medium) +
chicken curry (70 g cooked) + cucumber salad