

ODIA DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Dahi Chuda mix (½ cup)

MID-MORNING (~100 KCAL)



Fruit (1 medium)

LUNCH (~350 KCAL)



Rice (1 cup cooked) +
dalma (¾ cup cooked) + cucumber

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Vegetable Tarkari (1 cup) + roti (1 medium)
+ Koshala (raw salad, ½ cup)

ODIA DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg bhurji (2 eggs) + chuda (½ cup)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



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

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chicken curry (80 g cooked) + roti (1 medium)
+ Koshala (raw salad, ½ cup)