

PUNJABI DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Paneer bhurji ($\frac{3}{4}$ cup) +
phulka (1 medium)

MID-MORNING (~100 KCAL)



Lassi (1 cup)

LUNCH (~350 KCAL)



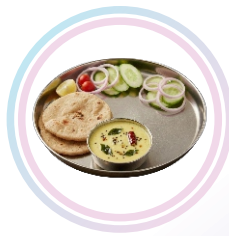
Rajma ($\frac{3}{4}$ cup cooked) +
rice ($\frac{3}{4}$ cup cooked) + salad

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Kadhi (1 cup) +
phulka (1 medium)+ salad

PUNJABI DIET

Non-Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg bhurji (2 eggs) +
phulka (1 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Chicken curry (80 g cooked)
+ rice ($\frac{3}{4}$ cup cooked)

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chicken tikka (20-30 g) + Chicken curry (50 g cooked)
+ phulka (1 medium) + cucumber salad