

RAJASTHANI DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Besan chilla (2 medium)

MID-MORNING (~100 KCAL)



Chaas (1 cup)

LUNCH (~350 KCAL)



Gatte ki sabzi ($\frac{3}{4}$ cup cooked) +
roti (1 medium) + Kachumber salad

EVENING (~100 KCAL)



Roasted chana (25 g)

DINNER (~350 KCAL)



Ker sangri (1 cup cooked) +
roti (1 medium)+ salad

RAJASTHANI DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg chilla (2 medium)

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



Chicken curry (80 g cooked) +
roti (1 medium) + Kachumber salad

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Safed Maas (80 g cooked) +
roti (1 medium) + cucumber salad