

TAMIL DIET

Vegetarian Meal Plan

A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Vegetable uttapam (2 small) +
sambar (1 cup)

MID-MORNING (~100 KCAL)



Buttermilk (1 cup)

LUNCH (~350 KCAL)



Rice (1 cup cooked) + sambar (1 cup)
+ poriyal (1 cup) + salad

EVENING (~100 KCAL)



Chickpea Sundal (½ cup cooked)

DINNER (~350 KCAL)



Vegetable kootu (1 cup) +
dosa (1 medium) + ½ cup raita

TAMIL DIET

Non-Vegetarian Meal Plan A 1200-kcal Meal Schedule



BREAKFAST (~300 KCAL)



Egg dosa (2 small) +
1 tsp chutney

MID-MORNING (~100 KCAL)



1 boiled egg

LUNCH (~350 KCAL)



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

EVENING (~100 KCAL)



Boiled egg whites (2)

DINNER (~350 KCAL)



Chicken curry (80 g cooked) +
dosa (1 medium) + ½ cup raita