














## SAMPLE MEAL PLAN (INDIAN)

Meal	Food	Size/portion
Breakfast 8am	Boiled oats  OR  One wholemeal roti with eggplant/zucchini/bhindi/tinda/saag/cabbage sabji/ OR with lean meat/fish curry  1 cup of milk OR 1 cup of unsweetened yoghurt	   
Morning tea 11am	1 piece of fruit  1 cup of tea with or without milk	 
Lunch 1pm	1 cup of tofu or egg curry OR one cup of meat/ fish curry  1 cup of spinach sabji  1 roti OR 1/2 cup of cooked basmati, brown or doongara rice	    
Afternoon tea 4pm	Almonds (about 10)  OR  1 slice of wholemeal toast/fruit toast	 

<p>Dinner 7 pm</p>	<p>1 cup of gobi (cauliflower sabji)</p> <p>1 cup of daal (lentil curry) 1/2 cup of basmati, brown or doongara rice</p> <p>Bowl of salad</p>	
<p>Supper 9 pm</p>	<p>1 cup of milk OR</p> <p>Piece of fruit</p>	