

# 1200 CALORIE INDIAN DIET PLAN

DAY	Early Morning	Breakfast	Mid Morning Snack	Lunch	Evening Snack	Dinner
DAY-1	Lemon & Ginger Water (200ml)	2 Idli Sambhar (100g)	1 Apple	Brown Rice (100g) Green Leafy Dal (100g) Veg Curry (100g) Veg Salad (100g)	Roasted Peanuts (50g)	2 Ragi Dosa Peanut Chutney (5 tbsp)
DAY-2	Ash Gourd Juice (250ml)	Tofu Upma with Vegetables (100g)	1 Guava	Quinoa Mushroom Pulao (100g) Yogurt & Cucumber (100g) 1 Boiled Egg	1 Boiled Corn	2 Wheat Chapatti Horse Gram Curry (100g) Veg Salad (75g)
DAY-3	Lemon & Black Cumin Seed Water (200ml)	3 Pecanitas Ginger Chutney (5 tbsp)	10 Almonds Tender Coconut Water (200ml)	Brown Rice (100g) Veg Sabzi (100g) Veg Salad (100g)	Greek Yogurt with Strawberries (50g)	2 Wheat Rotis Palak Paneer with Sautéed Vegetables (100g)
DAY-4	Pumpkin Juice (250ml)	2 Veg Upma Tomato Chutney (5 tbsp) 2 Egg Whites	1 Orange	Broken Wheat Upma (75g) Yogurt (5 tbsp) Veg Salad (100g)	Pea Protein Isolate (1 scoop) with Water	Grilled/Steamed Chicken (100g) Stir-Fry Vegetables (100g)
DAY-5	Cumin & Fennel Seed Water (200ml)	2 Brown Bread Sandwiches 1.5 tbsp Unsweetened Peanut Butter	Watermelon (200g)	Brown Rice (100g) Chicken Curry (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (300g)
DAY-6	Apple Cider Vinegar (10ml) with Water (300ml)	Oats with Berries & Nuts (75g)	Buttermilk with Chia Seeds (250ml)	Millet Pongal (100g) Sambhar with Vegetables (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (300g)
DAY-7	Cumin Seed & Cinnamon Water (200ml)	Poha with Tofu & Vegetables (100g)	Papaya (100g)	2 Jowar Rotis Fish Curry (100g) Veg Salad (100g)	8 Walnuts Black Coffee (100ml)	Cabbage Soup (300ml) Sautéed Paneer with Vegetables (100g)

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**N Colangelo**

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