

SAMPLE INDIAN MEAL PLAN

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A sample menu of a typical north Indian vegetarian and non-vegetarian meal is given below. A typical meal is often high in carbohydrate and fat. The calculations are based on recipes from *New Indian Home Cooking* and *The Indian Vegan Kitchen*, for more information see note below.

Meal	Typical Meal	Modified Meal
	Calories: 2600 Carbohydrate: 350 grams (55%) Protein: 80 grams (12%) Fat: 100 grams (33%)	Calories: 1600 Carbohydrate: 220 grams (55%) Protein: 70 grams (17%) Fat: 50 grams (28%)
Breakfast	1 cup chai (tea) / whole milk 3 teaspoons sugar 1 potato paratha_potato panfried flatbread 1 tsp pickle	1 cup chai / skim milk no calorie sweetener 2 whole wheat toast 1 teaspoon butter 1 cup skim milk
Lunch	2 roti with 1 teaspoon ghee (flatbread) 1 cup rajmah_kidney beans (or chicken curry) 1/2 cup spinach and potato subji 1/2 cup onion and cucumber salad 1 roasted papad (bean wafer)	2 roti-no ghee 1 cup LF rajmah_kidney beans (or LF chicken curry) 1/2 cup spinach vegetable 1/2 cup onion and cucumber salad 1 roasted papad (bean wafer)
Tea Time	1 cup chai / whole milk 3 teaspoons sugar 1/4 cup namkeen (fried snack) 1 laddu (sweet)	1 cup chai / skim milk no calorie sweetener 1 oz (30grams) mixed nuts 1 banana
Dinner	2 parathas_pan fried flatbread 1 cup chole (1 cup kheema) 1 cup potato and pea vegetable 1/2 cup plain yogurt (whole milk)	2 roti-no ghee 1/2 cup chickpeas_chole (or 1/2 cup LF kheema-lamb) 1 cup cauliflower vegetable 1/2 cup FF plain yogurt
Snack	1 cup kheer_pudding	1 orange 1 cup skim milk

Madhu Gadia, MS, RD, CDE, author of *New Indian Home Cooking* (Penguin Group 2000) and *The Indian Vegan Kitchen* (Penguin Group 2009). Both her books include nutritional analysis of the recipes. For more information and sample recipes from her book see www.cuisineofindia.com.