

BREAKFAST

OPTION 1	OPTION 2	OPTION 3	OPTION 4
1 bowl upma/ poha with ½ bowl vegetables 1 fruit	1 bowl cornflakes 1 cup skimmed milk 1 fruit	1 glass veggie juice 1 fruit 2 egg whites 1 slice bread	1 stuffed roti 1 bowl curd 1 fruit

LUNCH AND DINNER

Pick any two options – one for lunch and one for dinner

OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5
2 roti 1 bowl vegetables ½ bowl dal	1 roti ½ bowl steamed rice 1 bowl vegetables ½ bowl dal	1 bowl steamed rice 1 bowl vegetables ½ bowl dal	1 small roti 1 slice bread 1 bowl vegetables ½ bowl dal	2 slices bread ½ bowl vegetable soup ½ bowl sprouts salad 1 vegetable cutlet