

## Healthy Indian meal plans

### Plan 1

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Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Evening Meal
<p><math>\frac{3}{4}</math> Cup of high fibre cereal with strawberries and 1 cup of skim milk</p> <p><b>OR</b></p> <p>2 small roti (12cm)/ 2 string hoppers/2 idli/2 dosa with curry (veg/lentils/meat/egg/chicken and chutney and 1C yoghurt/curd</p>	<p>1 serve fruit or low fat yoghurt</p> <p>A handful raw mixed nuts</p>	<p>1 Cup cooked Basmati rice or 3 small roti/chapatti (11-13cm diam) or 1½ medium roti or chapatti (18-20cm diam) <b>and</b> curry with 100g lean meat, mince chicken, fish or egg</p>	<p>Low fat yoghurt with 2 passion fruit/1 cup strawberries</p> <p><b>OR</b></p> <p><math>\frac{3}{4}</math> C Low fat tzatziki/humus/salsa dip with cucumbers, capsicum, celery, carrots</p>	<p>2/3 Cup cooked Basmati rice or Pittu or semolina or 2 string hoppers/idli or dosa and 1/3Cup lentils or chick peas or 1C yoghurt or ½ C potatoes <b>and</b> lean meat/ chicken/ fish/egg if desired and plenty of vegetables served as curry or chutney or sambals or salad.</p>