

Healthy Indian meal plans

Plan 2

womensnewbornhealth.com.au

Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Evening Meal
2 slices of whole grain toast, spread with cottage cheese vegemite/avocado/tomato	4 Vita-Weat topped with low fat cottage cheese and tomato or 1C low fat milk	1½ Cups pasta or noodles and curry with 100g lean meat, mince chicken, fish or egg	Piece of fresh fruit or a handful of dry roasted or raw nuts	2 small roti/chapatti (11-13cm diam) or 1 medium roti or chapatti (18-20cm diam) and curry with 100g lean meat, mince chicken, fish or egg and plenty of vegetables served as curry or chutney or sambals or salad.
OR			OR	
2 poached/boiled eggs with mushrooms, 1 slice WG toast			1/3Cup Roasted chick peas	
			OR	
			1 ½ Cups popped corn puffed rice or wheat	
			OR	
			1½ T of sultanas	
NOTE: Limit fruit to 2/day plus 1 punnet strawberries, passion fruit or blueberries				



Health
Western Sydney
Local Health District



**Women's &
Newborn Health**
Westmead Hospital



womensnewbornhealth.com.au

This written information is for guidance only and does not replace consultation and advice by your health care provider.