

Sample North Indian Meal Plan¹

Time	Meal Type	Food Products
07:30 AM	Breakfast	<ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • 2 whole wheat bread toast
12:30 PM	Lunch	<ul style="list-style-type: none"> • 2 rotis without ghee • ½ cup spinach sabji • 1 cup of rajma • ¼ cup of baked/pan-fried fish/chicken or 1 boiled egg • 1 roasted papad
03:30 PM	Afternoon Snack	<ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • ¼ cup of mixed nuts
08:30 PM	Dinner	<ul style="list-style-type: none"> • 2 rotis without ghee • ½ cup of chole • 1 cup of cauliflower sabji • ¼ cup of baked/pan-fried fish/chicken or 1 boiled egg • ½ cup of yogurt
09:30 PM	Snack	1 fresh fruit

Reference:

1. Mishra R, ed. Indian foods: AAPI's guide to nutrition, health and diabetes. 2nd ed. Chennai, India: American Association of Physicians of Indian Origin; 2011.