

Sample South Indian Meal Plan¹

Time	Meal Type	Food Products
07:30 AM	Breakfast	<ul style="list-style-type: none"> • 1 cup of coffee with skim milk and without sugar • 2 small idlis/1 cup of cracked wheat upma
10:30 AM	Morning Snack	<ul style="list-style-type: none"> • 1 fresh fruit • 1 cup of diluted buttermilk
12:30 PM	Lunch	<ul style="list-style-type: none"> • 1½ cups of cooked brown rice/2 small rotis with ½ cup of brown rice • 1 cup of sambhar • 1 cup of rasam • 1 cup of green beans curry • 1 small roasted pappad/appalam
04:00 PM	Afternoon Snack	<ul style="list-style-type: none"> • 1 cup of coffee with skim milk and without sugar • ½ cup of dry cereal mix (puffed rice/wheat with 4-6 peanuts/cashews)
07:30 PM	Dinner	<ul style="list-style-type: none"> • ½ cup of cooked brown rice/cracked wheat • 1 cup of whole gram dhal/chick peas sundal • 1 cup of spinach curry • ¼ cup of baked/pan-fried fish/chicken or 1 boiled egg
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.