

## Sample West Indian (Gujarati) Meal Plan<sup>1</sup>

Time	Meal Type	Food Products
07:30 AM	Breakfast	<ul style="list-style-type: none"> <li>• 1 cup of tea with skim milk and without sugar</li> <li>• 1 Thepla/2 plain Khakhra</li> </ul>
10:30 AM	Morning Snack	<ul style="list-style-type: none"> <li>• 10 unsalted roasted peanuts</li> </ul>
12:30 PM	Lunch	<ul style="list-style-type: none"> <li>• 1 Sooki Rotli without ghee</li> <li>• ½ cup of toor dal</li> <li>• ¼ cup black eyed peas</li> <li>• ¼ cup cooked rice</li> </ul>
03:30 PM	Afternoon Snack	<ul style="list-style-type: none"> <li>• 1 cup of tea with skim milk and without sugar</li> <li>• ¾ cup of chevda</li> </ul>
08:00 PM	Dinner	<ul style="list-style-type: none"> <li>• 1 paratha</li> <li>• ½ cup of spinach with soybeans/Paneer/Tofu</li> <li>• ½ cup of yogurt</li> </ul>
09:00 PM	Snack	<ul style="list-style-type: none"> <li>• 3 dried dates • 6 almonds</li> </ul>

### 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.