

Sample West Indian (Maharashtrian) Meal Plan¹

Time	Meal Type	Food Products
08:30 AM	Breakfast	<ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • 1 cup of pohe
12:00 PM	Lunch	<ul style="list-style-type: none"> • ½ cup of cooked brown rice • 2 phulkas without oil/ghee • 1 cup of varan • ½ cup of string beans bhaji/1 cup of fenugreek curry • ¼ cup of baked/pan-fried fish (Bombil, Bangda, Paaplet)/chicken • ¼ cup of cucumber koshimbir
04:00 PM	Afternoon Snack	<ul style="list-style-type: none"> • 1 cup of tea with skim milk and without sugar • 2 biscuits
08:00 PM	Dinner	<ul style="list-style-type: none"> • ½ cup of cooked brown rice • 2 phulkas without oil/ghee • 1 cup of mung dal usal • ¼ cup of baked/pan-fried fish (Bombil, Bangda, Paaplet)/chicken • ½ cup of kokum kadi

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.