



Healthy Choices- 6 small meals per day

Breakfast	Munch	Lunch	Munch	Dinner	Munch
<i>For breakfast @ 9 am</i>	<i>For snack @ 11 am</i>	<i>For Lunch @ 1 pm</i>	<i>For munch @ 5pm or 6 pm</i>	<i>For Dinner @ 7 pm or 8pm :</i>	<i>For munch @ 9pm</i>
Opt any one of the following in moderate quantity in par with your diet requirements for the meal <ul style="list-style-type: none"> • Oats • Wheat flakes • Egg white 	1 fruit	(NO RICE) <i>For Vegetarians</i> 2 pulkas + a small bowl of vegetable curry + a small bowl of dal	Choose any one: A glass of buttermilk A bowl of sprouts A bowl of salad + fruit These will give you that wee bit of surge of sugar which your body requires and takes you through dinner.	(NO RICE) <i>For Vegetarians</i> A small bowl of salad + bowl of dal or 2 bowls of vegetables with a little bit of paneer (for protein)	1 fruit or A glass of buttermilk
		<i>For Non-Vegetarians</i> 2 pulkas + 2 chicken curry pieces + a small bowl of vegetables		<i>For Non-Vegetarians :</i> A bowl of chicken + lot of vegetables	