

Meal	Vegetarian	Non-Vegetarian
Breakfast	Whole grain cereal/oats with milk & fruit OR 2 idlis/dosas with sambar & nuts	Scrambled/boiled eggs with whole grain toast & fruit
Mid-Morning Snack	Fruit (apple, banana, orange)	Fruit (apple, banana, orange)
Lunch	2 rotis/brown rice with vegetables, dal, and curd	Grilled/baked chicken/fish with brown rice/rotis & vegetables
Afternoon Snack	Sprouts & fruits with buttermilk	Sprouts & fruits with buttermilk
Dinner	Paneer/tofu with quinoa/millets, vegetables, saag/spinach curry	Grilled/baked fish/chicken with quinoa/millet & vegetables/curry
Bedtime Snack	Turmeric milk with nuts	Turmeric milk with nuts