

meal planning - South Asian

breakfast

aim for 1-2 carb choices + a source of protein

- 1 whole wheat roti (6" wide)
vegetable egg white omelet OR tofu
1 orange
- ¾ cup oatmeal OR ¾ cup dalia
2 tbsp chopped walnuts & almonds
1 cup skim milk
- ¾ cup plain low fat yogurt
¼ cup walnuts & almonds
½ cup blueberries
- 2 slices of whole wheat bread
2 tbsp of natural almond/peanut
butter
- 1 whole wheat roti/besan roti (6" wide)
1 cup daal OR ¾ cup plain yogurt
- ¾ cup poha/upma
2 tsp vegetable chutney
¾ cup low fat plain yogurt
- breakfast smoothie with
1 cup plain greek yogurt
1 cup frozen berries
- ½-1 cup cottage cheese
1 peach/1 apple/ 1 cup blueberries

lunch & dinner

aim for 2-3 carb choices + a source of protein + 1-2 cups of vegetables

- 1.5 cups khichri
sabji (no potato) OR green salad
1 cup blueberries
- 1 whole wheat roti (6" wide)
1 cup sabji (no potato) with soy chunks
¾ cup yogurt OR 1 apple
- 1 whole wheat roti (6" wide)
1 cup daal
¾ cup yogurt OR 1 apple
green salad
- ¾ cup pongal
3oz lean chicken
¾ cup low fat plain yogurt
green salad
- 1 cup cooked whole wheat pasta
3oz grilled chicken OR 1 cup meat sauce
1 serving of fruit
green salad
- 1 whole wheat roti (6" wide)
3oz lean meat
¾ cup low fat plain yogurt
1 cup sabji (no potato) OR green salad
- 1 cup noodles OR 1 baked sweet potato
3oz lean chicken/tofu/salmon
1-2 cup vegetables
1 serving of fruit
- 1 dosa (10" wide)
1 cup sambar
green salad
1 serving of fruit

the balanced plate (9 inch plate)

Fruit (3 servings/day)

1 apple/orange/peach
 ½ banana
 1 cup blueberries
 1 cup melon
 ½ cup mango/papita
 1 guava

Milk & Alternatives (2 servings/day)

1 cup milk
 1 cup plain soy beverage
 ½ cup evaporated milk
 ¾ cup plain yogurt

Fats (3 servings/day)

1 tsp margarine
 1 tsp canola/olive oil
 2tsp light salad dressing
 1/6 avocado

Vegetables (1/2 the plate)

- choose non starchy vegetables more often
- salads
- raw, boiled, grilled, steamed, roasted, etc

Grains/Starches (1-2 choices/meal)

¼ naan or ¼ bagel
 ½ cup upma or poha
 1 dosa (10")
 ½ medium potato
 ½ cups cooked pasta/noodles
 1/3 cup cooked rice/couscous
 1 slice bread/tortilla/roti (6")
 ½ maki di roti (6")
 ¾ cup kitchri

Protein (1 serving/meal)

1 oz low fat cheese
 ¼ cup cottage cheese
 1-2 egg whites
 3 oz lean meat (chicken, beef, pork, fish, etc)
 ½ cup lentils/beans
 1 tbsp nut butter
 ½ cup tofu
 ¼ cup paneer

In general:

Women should aim to have 2-3 carbohydrate choices for lunch & dinner
 Men should aim to have 3-4 carbohydrate choices for lunch & dinner

smart snacks

- 1 string cheese & 1 medium apple
- ½ cup of plain greek yogurt & ½ cup blueberries
- 2 whole grain rice cakes & 1 tbsp natural peanut butter
- 1 cup of baby carrots & 2 tbsp of white bean dip
- 1/3 cup hummus & 1 cup raw vegetables (snap peas, carrots, cucumber)
- ¾ cup roasted chickpeas
- 3 cups plain popcorn