**MEAL PLAN 3**

Provides: 2000 calories approx.

Works for: Healthy individuals on a balanced diet, patients with Diabetes, High blood pressure, and Cardiovascular disease. For weight loss if you have otherwise been consuming more than 2000 calories per day

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| --- | --- | --- | --- | --- | --- | --- |
| Meal | Food item | Description | Portion | Total calories | Nutrition facts | Other Nutrients |
| Early morning | Apple | Apple-150g, sprinkle 1tsp- cinnamon powder (optional) | 1 cup | 85 | Carbs-19g, proteins-0.3g, fat-1g, fiber-2g | Apples are good source of antioxidant polyphenols, dietary fiber and vitamin C.  Cinnamon contains antioxidant, [anti-inflammatory](https://draxe.com/recipe/anti-inflammatory-juice/" \t "https://draxe.com/health-benefits-cinnamon/_blank), anti-diabetic, anti-microbial, immunity-boosting and cancer fighting and heart disease-protecting abilities. |
| Breakfast | Vermicelli Upma  Podi mixture  Egg | Wheat vermicelli-50g, onion and tomato-40g, green peas-10g, 1tsp- oil  Prepared with the mixture of flax seeds-1tsp, sesame seeds- 1tsp, sunflower seeds-1tsp, 1- red chilly, pinch of salt  Boiled egg-1 | 1 cup  2tbsp  1 no. | 248  73  103 | Carbs-47g, proteins-6g, protein-4g, fiber-1g  Carbs-3g, proteins-3g, fats-6g, fiber-0.5g  Carbs-0g, proteins-7.9g, fats-7.9g, fiber-0g | wheat vermicelli is rich in B complex vitamins, minerals and added vegetables makes the recipe more nutritious.  Mixture of seeds are a great source of omega 3 fatty acids, vitamin E, antioxidants, heart healthy and Diabetes friendly  Eggs contain bulk amounts of proteins, rich in calcium, sodium and are considered low-calorie, fat-free food. |
| Lunch | Steamed greens salad  SteamedRice  Fish curry  curd | Spinach-100g, fenugreek leaves-100g, pinch of salt and pepper, 1tbsp- flax seed powder  Brown rice-100g  Vanjaram/king Fish- 80g, onion and tomatoes-40g, gingergarlic paste-1tsp, tamarind pulp- 10ml, mint and corriander-20g, greenchilly-4, 1/2 tsp-redchilly powder, 1tsp- corriander powder, salt to taste, oil- 2tsp  Curd-100g | 1 cup  1 cup  1 cup  1 cup | 110  343  196  60 | Carbs-10g, proteins-7.7g, fats-4g, fiber-2g  Carbs-79, proteins-6g, fats-0.4g, fiber-0g  Carbs-12g, proteins- 19g, fats-8g, fiber-1.1g  Carbs-3g, proteins-3g, fats-4g, fiber-0g | green leafy vegetables are packed with phytochemicals, vitamin k, iron, folic acid, calcium, fiber and are beneficial in diabetes and heart health.  Brown rice is a whole grain rice that contains bran and germ. These provide proteins, thiamine, calcium, magnesium, fiber, and potassium.  fish is an excellent source of omega 3 fatty acids, calcium, selenium, vitamin A for healthy eyes and skin, vitamin D for the absorption of calcium.  curd is rich in lactic acid, calcium and phosphorus. |
| Snacks | Sliced raw carrots  Badam | Carrots-200g, sprinkle 1tsp cinnamon powder(optional)  Over night soaked badam-5 no. | 1 cup  5 no. | 95  40 | Carbs-21g, proteins-2g, fats-0.4g, fiber-2.5g  Carbs-1g, proteins-1g, fats-3.5g, fiber-0.1g | Carrots are rich in vitamins and minerals especially vitamin A,K, potassium and are rich in beta-carotene, which is converted to vitamin A in the body.  Cinnamon contains antioxidant, [anti-inflammatory](https://draxe.com/recipe/anti-inflammatory-juice/" \t "https://draxe.com/health-benefits-cinnamon/_blank), anti-diabetic, anti-microbial, immunity-boosting and cancer fighting and heart disease-protecting abilities.  Almonds are rich in fiber, protein, calcium, potassium, magnesium, vitamin E. |
| Dinner | Jowari Roti  Cauliflower green peas curry | Jowar flour- 150g, sprinkle some jeera  Cauliflower-100g, green peas-30g, onionand tomato 40g, 1 tsp chilly powder, salt to taste, oil 1tsp | 3 no.  1 cup | 520  107 | Carbs-108g, proteins- 15g, fats-3g, fiber-3g  Carbs-12g, proteins-5g, fats-4g, fiber-3g | Jowar is a good source of calcium, protein and fiber. The presence of iron and copper helps regulate proper blood circulation and enhances overall functioning of the body. Helps regulate insulin and normalized giucose levels in diabetics. Lowers bad cholesterol levels in the blood stream, aids in heart health.  Cauliflower is a source of vitamin C, vitamin K, B vitamins, potassium, folate, protein and fiber. |

Notes:

1. In case of High blood pressure limit the amount of salt used in the preparations.

2. 1 tsp = 1 Teaspoon

3. 1 tbsp = 1 Tablespoon

4. If portion size varies from above, calculate the calories accordingly.