**MEAL PLAN 6**

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 | Carrot and Apple juice | Prepared with carrot-150g, apple-100g and add 1tbsp lime juice | 1 cup | 190 | Carbs-29.3g, proteins-1.5g, fats-0.8g, fiber-3g | Carrots is very high in Vitamin A, as well as Vitamins B and C, Iron and Calcium. Apples are high in Vitamins and minerals, and are a good source of pectin and antioxidants. |
| Breakfast | Ragi sangati  Sambar | Prepared with ragi-100g, sprinkle pinch of salt and pepper  prepared with 20g toor dal, 20ml tamarind pulp, 10g bhindi, 20g bottlegourd, add required water, salt to taste, 1 tsp oil for seasonings | 1 boll  1 cup | 329  203 | Carbs-72g, proteins-7.3g, fats-1.3g, fiber-3.6g  Carbs-29g, proteins- 11g, fats-4.8g, fiber-1g | Ragi is rich in calcium and protein and also have good amount of fiber, iron and other minerals.  Sambar is made with lentils. Lentils are rich in proteins, calcium, sodium, potassium. Added vegetables are a good source of vitamins and minerals |
| Lunch | korra rice  Cow peas masala  Buttermilk | Korra rice-100g, cooked with finely chopped beans-20g, tomatoes-50g, cauliflower-50g, carrots- 50g  Cow peas-50g, onion and tomato-40g, ginger n garlic-1tbsp, 1tsp cinnamon powder, 1tsp methi powder, freshly grated coconut-20g, 1 tsp chilly powder, oil-1tsp, salt to taste  Buttermilk-250ml with 1tsp fenugreek seed powder | 1 cup  1 cup  1 glass | 375  325  49 | Carbs-67g, proteins-15.3g, fats-4.8g, fiber-10.5g  Carbs-37g, proteins-14.4g, fats-13g, fiber-5g  Carbs-2.8g, proteins-2.9g, fats-2.9g, fiber-0.2 | Korra rice is also known as foxtail millet is a source of protein, fiber, iron and copper. It helps lower bad cholesterol and diabetic friendly too.  Cow peas contains almost all essential vitamins and minerals including B complex vitamins, vitamin A, C, folic acid, iron, potassium, magnesium, calcium, selenium, sodium, zinc, copper and phosphorus. They are also a good source of fiber.  Homemade Buttermilk is a rich source of probiotics. Like yogurt, buttermilk that contains active cultures can help build healthy bacteria in the stomach that may have been lost due to taking antibiotics. Fenugreek helps in normalizing blood sugar levels, lowers total cholesterol and LDL-bad cholesterol in blood stream. |
| snacks | Walnuts | Walnuts-10 halves | 10 no. | 130 | Carbs-2.2g, proteins-3.1g, fats-12g, fiber-0.5g | Walnuts are a rich source of heart-healthy monounsaturated and polyunsaturated fats and an excellent source of those hard to find omega-3 fatty acids. They are also good source of antioxidant- polyphenols, which helps reduce inflamation in the brain. |
| Dinner | Stuffed cauliflower roti  Bittergourd curry | Prepared with cauliflower-100g, whole wheat flour -100g  Bittergourd-50g, onion-20g, 1tsp chilly powder, salt to taste, oil-1tp | 3 no.  1/2 cup | 369  58 | Carbs-73g, proteins-14.7g, fats-2.1g, fiber-3g  Carbs-4.6g, proteins-1g, fats-4g, fiber-0.5g | Cauliflower is a good source of antioxidants, vitamin C, E, K, B- complex vitamins, folate, calcium, magnesium, phosphorous, potassium, zinc, sodium and iron Whole wheat is good source of B vitamins, iron, selenium and magnesium.  Bittergourd is a good source of Beta carotene, magnesium, calcium, potassium, vitamin C, and dietary fiber. Bittergourd contains excellent anti-diabetic properties. |