

Sample Menu for Low Protein Diet (LPD) – 2100 kcal, 0.5 g/kg/d or 35 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chicken curry: 1 oz chicken 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup French beans & carrot Chicken and chickpea curry: ½ oz chicken ¼ cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ½ cup sambar 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 pc fried egg 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ¼ cup sambar ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 pc fried egg 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice 1 oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc masala egg ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ oz masala chicken ¼ cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 1 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc chili egg ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar

### DAY 3 (South Chinese Menu)

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles ½ oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice ½ oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 1 oz sesame oil chicken sauce ½ cup spinach, stir-fried ½ cup carrot, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc deep-fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ⅓ pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Low Protein Diet (LPD) – 2100 kcal, 0.6 g/kg/d or 42 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> ½ pc mango 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken curry: 1 oz chicken 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy 1 cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: ¼ cup chickpea 2 tbsp curry gravy 1 cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ½ cup sambar 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ¼ cup sambar ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice 1 oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 oz masala chicken ½ cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 2 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar

**DAY 3 (South Chinese Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles ½ oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar
<b>Lunch</b> 1 medium bowl white rice 1½ oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ⅓ pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 1 oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 3 oz deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ⅔ pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 3 oz deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Low Protein Diet (LPD) – 2100 kcal, 0.7 g/kg/d or 49 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango
<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken curry: 2 oz chicken 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: ½ cup chickpea 2 tbsp curry gravy ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 cup sambar 2 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 cup sambar 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ¼ cup sambar ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange
<b>Lunch</b> 1 medium bowl white rice 2 oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 oz masala chicken 1 cup masala chickpeas ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 slice papaya 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 2 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar



**DAY 3 (South Chinese Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles ½ oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1⅓ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear
<b>Lunch</b> 1 medium bowl white rice 1½ oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1⅓ pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1⅓ pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 3 oz steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple 1 cup tea, 1 tbsp sugar
<b>Dinner</b> 1 medium bowl white rice 1½ oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1⅓ pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ⅓ pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc deep fried tofu 1 oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Low Protein Diet (LPD) – 2100 kcal, 0.8 g/kg/d or 56 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 2 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango	<b>Morning snack</b> ½ pc mango
<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken curry: 2 oz chicken 2 tbsp curry gravy 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 cup curd	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd	<b>Lunch</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ¼ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2½ oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 cup sambar 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup sambar 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ½ cup sambar ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup curd 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 oz deep fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange
<b>Lunch</b> 1 medium bowl white rice 2½ oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 1 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 1 oz masala chicken 1 cup masala chickpeas ½ cup okra kadai sabji
<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya
<b>Dinner</b> 1 medium bowl white rice 2 oz chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 oz chili fish ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar

**DAY 3 (South Chinese Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles 2 oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1½ pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles ⅔ pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 cup tea, 1 tbsp sugar
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear
<b>Lunch</b> 1 medium bowl white rice 1½ oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 3 oz steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 1 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2/3 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed fish 1/3 pc steamed tofu ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice 1½ oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1½ pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 3 oz fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc deep fried tofu 1 oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Moderate Protein Intake – 2100 kcal, 1.0 g/kg/d or 70 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy
<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers
<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken curry: 2 oz chicken 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2½ oz deep fried fish 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage ½ cup sambar ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 oz deep fried fish ½ cup sambar 1 small bowl rasam

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange
<b>Lunch</b> 1 medium bowl white rice 3 oz masala chicken ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 1½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 oz masala chicken ½ cup masala chickpeas ½ cup okra kadai sabji
<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya
<b>Dinner</b> 1 medium bowl white rice 3 oz manchurian/chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1 oz manchurian/chili fish ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji

**DAY 3 (South Chinese Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles 3 oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk
<b>Lunch</b> 1 medium bowl white rice 2 oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed fish 1 pc steamed tofu ½ cup cucumber, stir-fried
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice 2 oz sesame oil chicken sauce ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 pc deep fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 1 pc fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 1 pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 1 pc steamed tofu 1 oz steamed chicken ½ cup carrot, stir-fried ½ cup spinach, stir-fried

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Moderate Protein Intake – 2100 kcal, 1.1 g/kg/d or 77 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar
<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers ½ cup diluted buttermilk	<b>Morning snack</b> 3 pc cream crackers ½ cup diluted buttermilk	<b>Morning snack</b> 3 pc cream crackers
<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken curry: 2 oz chicken 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 3 oz pan fried fish 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1½ cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1 cup sambar ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 oz pan-fried fish ½ cup sambar 1 small bowl rasam



**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 2 pc egg white 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts 2 pc egg white	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts 2 pc egg white	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange
<b>Lunch</b> 1 medium bowl white rice 3 oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer 1 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer ½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 oz masala chicken ½ cup masala chickpeas ½ cup okra kadai sabji
<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya
<b>Dinner</b> 1 medium bowl white rice 3 oz manchurian/chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1 ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 2 oz chili fish 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji

**DAY 3 (South Chinese Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles 3 oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk
<b>Lunch</b> 1 medium bowl white rice 2 oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 1 oz steamed fish 2 pc steamed tofu ½ cup cucumber, stir-fried
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice 3 oz steamed chicken ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 1 1/3 pc fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 1 pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 1 pc steamed tofu 1 oz steamed chicken ½ cup carrot, stir-fried ½ cup spinach, stir-fried

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.

Sample Menu for Moderate Protein Intake – 2100 kcal, 1.2 g/kg/d or 84 g/d protein  
**DAY 1 (South Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy 1 cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar	<b>Breakfast</b> 3 pc dosa 2 tbsp curry gravy ½ cup sambar
<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers	<b>Morning snack</b> 3 pc cream crackers ½ cup diluted buttermilk	<b>Morning snack</b> 3 pc cream crackers ½ cup diluted buttermilk	<b>Morning snack</b> 3 pc cream crackers
<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken curry: 3 oz chicken 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chickpeas curry: 1 cup chickpea 2 tbsp curry gravy ½ cup curd ½ pc mango	<b>Lunch</b> 1 medium bowl white rice ½ cup okra in tamarind gravy ½ cup french beans & carrot Chicken and chickpea curry: 1 oz chicken ½ cup chickpea 2 tbsp curry gravy 1 small bowl rasam ½ pc mango
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 3 oz pan fried fish 1 small bowl rasam 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1½ cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup sambar 1 small bowl rasam	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 1½ cup sambar ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 pc fried egg ½ cup sambar ½ cup curd	<b>Dinner</b> 1 medium bowl white rice ¼ cup okra in tamarind gravy ½ cup stir-fried cabbage 2 oz pan-fried fish 1 cup sambar 1 small bowl rasam

**DAY 2 (North Indian Menu)**

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> 1 bowl vermicelli upma 2 pc egg white 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts 2 pc egg white	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts 2 pc egg white	<b>Breakfast</b> 1 bowl vermicelli upma 2 tbsp peanuts
<b>Morning snack</b> 1 pc orange 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange	<b>Morning snack</b> 1 pc orange
<b>Lunch</b> 1 medium bowl white rice 3½ oz masala chicken ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 pc masala egg 1 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer 1½ cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice ½ cup masala paneer 1 cup masala chickpeas ½ cup okra kadai sabji	<b>Lunch</b> 1 medium bowl white rice 2 oz masala chicken 1 cup masala chickpeas ½ cup okra kadai sabji
<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya	<b>Evening snack</b> 1 slice papaya 2 tbsp peanuts
<b>Dinner</b> 1 medium bowl white rice 3½ oz manchurian/chili fish ½ cup curry eggplant ½ cup okra kadai sabji 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 1½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 2 pc chili egg ½ cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji	<b>Dinner</b> 1 medium bowl white rice 2 oz chili fish 1 cup chili lentils ½ cup curry eggplant ½ cup okra kadai sabji

### DAY 3 (South Chinese Menu)

Conventional	Vegan	Ovo-vegetarian	Lacto-vegetarian	Lacto-ovo vegetarian	Plant-dominant
<b>Breakfast</b> Rice noodles with pork 1 medium bowl rice noodles 3 oz minced pork ¼ cup bok choy 1 cup tea, 1 tbsp sugar	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 2 pc tofu ¼ cup bok choy 1 glass low fat milk	<b>Breakfast</b> Rice noodles with tofu 1 medium bowl rice noodles 1 pc tofu ¼ cup bok choy
<b>Morning snack</b> 1 pc pear 1 cup tea, 1 tbsp sugar	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear ½ glass low fat milk	<b>Morning snack</b> 1 pc pear 1 glass soybean milk
<b>Lunch</b> 1 medium bowl white rice 3 oz steamed fish ½ cup cucumber, stir-fried 1 cup tea, 1 tbsp sugar	<b>Lunch</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 pc steamed tofu ½ cup cucumber, stir-fried	<b>Lunch</b> 1 medium bowl white rice 2 oz steamed fish 2 pc steamed tofu ½ cup cucumber, stir-fried
<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple ½ glass low fat milk	<b>Evening snack</b> 1 pc apple
<b>Dinner</b> 1 medium bowl white rice 3 oz steamed chicken ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 1 pc fried tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2⅔ pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried	<b>Dinner</b> 1 medium bowl white rice 2 pc fried egg 2 pc steamed tofu ½ cup carrot, stir-fried ½ cup spinach, stir-fried 1 cup tea, 1 tbsp sugar	<b>Dinner</b> 1 medium bowl white rice 1 pc steamed tofu 1 oz steamed chicken ½ cup carrot, stir-fried ½ cup spinach, stir-fried

\*Sugar may be replaced with honey, syrup, candies, or jam as other food choices.