

OFFICE OF CDM & PHO ,PURI

FORM F-3

Diabetic diet @ Rs.85/-

Day	Breakfast					Lunch					Dinner					
	Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		
Sunday	Veg.Suji uppama with Guguni (690 kcal)	1	Suji	100gm		Roti,dal, egg curry with salad (897 kcal)	1	Wheat Flour	100gm		Roti-3 pcs, Santula & Milk-500 ml (680 kcal)	1	Wheat flour	100gm		2267 kcal
		2	Oil	5ml			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	35gm			3	oil	10ml			3	Tomato	15gm		
		4	Carrot	20gm			4	egg	2 pcs			4	Beans	20gm		
		5	Onion	20gm			5	Tomato	70gm			5	Other Veg	25gm		
		6	Groundnuts	10gm			6	Onion	50gm			6	oil	5ml		
		7	Motor	50gm			7	Cucumber	20gm			7	Add spices			
		8	Add spices				8	Add spices				8				
		9					9					9				
		Total					Total					Total				
Monday	Rawa Idli with Guguni (700 kcal)	1	Suji	100gm		Rice,Dal, Soyabea n curry,Ve g fry(856k cal)	1	Wheat flour	100gm		Roti-3 pcs, Santula & Milk-500 ml (680 kcal)	1	Wheat flour	100gm		2236 kcal
		2	Urad dal	20gm			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	20gm			3	oil	5ml			3	Tomato	15gm		
		4	Onion	15gm			4	Soyabean	25gm			4	Beans	20gm		
		5	Oil	5ml			5	onion	50gm			5	Other Veg	25gm		
		6	Motor	50gm			6	Tomato	80gm			6	oil	5ml		
		7	Curd	100 gm			7	Other veg.	30gm			7	Add spices			
		8	Add spices				8	Beans	50gm			8				
		9					9	Add spices				9				
		10					10					10				
	11				11				11							
	Total					Total					Total					

Tuesday	Brown Bread, Milk, Apple, egg-2 (650 kcal)	Sl.no	Ingredients	Amount	Cost	Roti, Dal, cabbage fry with tomato khata (880 kcal)	Sl.no	Ingredients	Amount	Cost	Roti-4 pcs, Dal ma & Milk-500ml (700 kcal)	Sl.no	Ingredients	Amount	Cost	2230 kcal
		1	Brown Bread	1pc			1	Wheat Flour	100gm			1	Wheat flour	100gm		
		2	Milk	1pc			2	Dal	50gm			2	Milk	500ml		
		3	Egg	2pcs			3	oil	5ml			3	Dal	25gm		
		4	Apple, Orange	1 pc			4	Cabbage	150gm			4	Oil	5ml		
		5					5	Onion	30gm			5	onion	10gm		
		6					6	Tomato	80gm			6	Tomato	25gm		
		7					7	Jagery	5 gm			7	Other veg	30gm		
		8					8	Add spices				8	Add spices			
		9					9					9				
		10					10					10				
		11					11					11				
		12					12					12				
		13					13					13				
Total					Total					Total						
Wednesday	Veg. Sujiuppama with Guguni (690 kcal)	Sl.no	Ingredients	Amount	Cost	Roti, dal, egg curry with salad (897 kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500 ml (680 kcal)	Sl.no	Ingredients	Amount	Cost	2267 kcal
		1	Suji	100gm			1	Wheat Flour	100gm			1	Wheat flour	100gm		
		2	Oil	5ml			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	35gm			3	oil	10ml			3	Tomato	15gm		
		4	Carrot	20gm			4	egg	2 pcs			4	Beans	20gm		
		5	Onion	20gm			5	Tomato	70gm			5	Other Veg	25gm		
		6	Groundnuts	10gm			6	Onion	50gm			6	oil	5ml		
		7	Motor	50gm			7	Cucumber	20gm			7	Add spices			
		8	Add spices				8	Add spices				8				
		9					9					9				
Total					Total					Total						

Thursday	Rawa Idli with Guguni (700 kcal)	Sl.no	Ingredients	Amount	Cost	Rice,Dal, Soyabea n curry,Ve g fry(856k cal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500 ml (680 kcal)	Sl.no	Ingredients	Amount	Cost	2236 kcal
		1	Suji	100gm			1	Wheat flour	100gm			Sl.no	Ingredients	Amount	Cost	
		2	Urad dal	20gm			2	Dal	50gm			1	Wheat flour	100gm		
		3	Tomato	20gm			3	oil	5ml			2	Milk	500ml		
		4	Onion	15gm			4	Soyabean	25gm			3	Tomato	15gm		
		5	Oil	5ml			5	onion	50gm			4	Beans	20gm		
		6	Motor	50gm			6	Tomato	80gm			5	Other Veg	25gm		
		7	Curd	100 gm			7	Other veg.	30gm			6	oil	5ml		
		8	Add spices				8	Beans	50gm			7	Add spices			
		9					9	Add spices				8				
		10					10					9				
	Total				Total				Total							
Friday	Brown Bread,Milk,Apple ,egg-2 (650 kcal)	Sl.no	Ingredients	Amount	Cost	Roti,Dal, cabage fry with tomato khata (880 kcal)	Sl.no	Ingredients	Amount	Cost	Roti-4 pcs,Dal ma & Milk-500ml (700 kcal)	Sl.no	Ingredients	Amount	Cost	2230 kcal
		1	Brown Bread	1pc			1	Wheat Flour	100gm			1	Wheat flour	100gm		
		2	Milk	1pc			2	Dal	50gm			2	Milk	500ml		
		3	Egg	2pcs			3	oil	5ml			3	Dal	25gm		
		4	Apple, Orange	1 pc			4	Cabage	150gm			4	Oil	5ml		
		5					5	Onion	30gm			5	onion	10gm		
		6					6	Tomato	80gm			6	Tomato	25gm		
		7					7	Jagery	5 gm			7	Other veg	30gm		
		8					8	Add spices				8	Add spices			
		9					9					9				
		10					10					10				
		11					11					11				
		12					12					12				
		13					13					13				
	Total				Total				Total							

		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost	
Saturday	Rawa Idli with Guguni (700 kcal)	1	Suji	100gm		Roti,dal, egg curry with salad (897 kcal)	1	Wheat Flour	100gm		Roti-3 pcs, Santula & Milk-500 ml (680 kcal)	1	Wheat flour	100gm		2277 kcal
		2	Urad dal	20gm			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	20gm			3	oil	10ml			3	Tomato	15gm		
		4	Onion	15gm			4	egg	2 pcs			4	Beans	20gm		
		5	Oil	5ml			5	Tomato	70gm			5	Other Veg	25gm		
		6	Motor	50gm			6	Onion	50gm			6	oil	5ml		
		7	Curd	100 gm			7	Cucumber	20gm			7	Add spices			
		8	Add spices				8	Add spices				8				
		9					9					9				
		10					10					10				
		11					11					11				
			Total						Total							

NOTE:- Above mentioned items can be resuffed or changed keeping in view the nutrient component and without changing the total cost with due approval of authority.