

Indian keto diet plan chart example: ~ 1200 calories

I am going to list down all the keto-friendly dishes in the keto diet chart below. This is an example keto diet chart just for your reference. (To be followed under the supervision of any authorised dietician)

Indian keto diet chart for vegetarians

1. Breakfast:

Item	Size	Estimated calories
Paneer bhurji	100 g	205 cal
Bullet coffee	1 teacup	155 cal
Soaked almonds	5 pieces	40 cal
<i>Total Calories: ~ 400 cal</i>		

2. Lunch

Item	Size	Estimated calories
Palak Paneer with cream topping	200 g	240 cal
Mixed veg salad: (Cucumber, capsicum, cabbage, and onion)	1 bowl	84 cal
Avocado Smoothie	100 ml	100 cal
<i>Total Calories: ~ 420 calories</i>		

3. Dinner:

Item	Size	Estimated calories
Cauliflower rice bowl	1 bowl	335 cal
Stuffed bell peppers	50	80 cal
<i>Total calories: ~ 415 cal</i>		

List of Keto friendly Indian foods

Here is the list of Indian foods that are allowed in keto diet and can be used in your meal preparation.

- Spinach, cabbage, green beans, cauliflowers
- Bell peppers, avocado, zucchini, broccoli, etc
- Cheese, cream, butter, and ghee
- Olive and coconut oil
- Paneer and tofu
- Eggs, meat, chicken, and fish
- Almonds, walnuts and other dry fruits
- Soya and almond milk
- Less sugar or sugarless peanut butter

