

Portion Control: Bengali Plate



Carbohydrates

- Rice
- Luchi
- Puree
- Chappati
- Potatoes

Protein

- Machar/fish
- Eggs
- Milk
- Almonds



Fruits / Vegetables

- Spinach
- Kale
- Mangoes
- Papaya
- Grapes
- Borrocoli
- Aubergine
- Lychee
- Carrots
- Pomegranates
- Cauliflower
- Onions

