

Appendix 2: Nutrient content of one serving of suggested meals/recipes

Dietary pattern	Recipes	Calcium (mg)	Energy (kcal)	Protein (g)
MF	Two small mix flour masala flatbread with 1/2 bowl minced soybean	274	396	16
MF	One bowl sprout mixture (Bhel)	255	348	14
MF	Two finger millet-pearl millet crisp flatbreads with two tablespoon soybean-mint chutney	242	328	11
MF	One plate savory mix flour (upma) with soybean nuts as garnishing	285	431	17
MF	Two savory coriander leaves cakes with two tablespoon tomato sauce	219	154	4
RP	One plate soybean pulav and one garden cress-poppy seed laddu	275	267	13
RP	Two steamed finger millet cakes with one tablespoon soybean-mint chutney	212	259	12
RP	One plate fenugreek leaves pulav with 1 bowl soybean curry	261	358	12
RP	One plate moth beans pulav and 1 garden cress-poppy seed laddu	240	352	11
RP	One plate steamed finger millet flour (upma) with soybean nuts as garnishing	245	284	10
WM	One mix flour flatbread with 1 bowl <i>Colocasia</i> leaves vegetable	271	349	17
WM	One pearl millet-finger millet flatbread with 1 bowl horsegram curry	269	376	11
WM	Two small mix flour masala flatbreads with 1 bowl carrot-fenugreek vegetable	262	243	7
WM	One mix flour flatbread with one tablespoon soybean-mint chutney	257	249	13
WM	Two small <i>Colocasia</i> flatbreads with one tablespoon soybean-mint chutney	213	192	7
Snacks	Two amaranth leaves-soybean cutlet with two tablespoon tomato sauce	239	164	8
Snacks	Two soybean cutlets with two tablespoon tomato sauce	238	209	16
Snacks	Two small soybean-poppy seeds laddu	282	230	8
Snacks	Two small garden cress-poppy seed laddu	262	256	6
Snacks	One finger millet-Bengal gram laddu with soybean nuts	287	286	11

RP: Rice and pulse pattern, WM: Wheat and milk and milk products pattern, MF: Mixed food