

Portion Control: Tamil Plate



Carbohydrates

- Rice
- Pittu
- String hoppers

Protein

- Mutton
- Fish
- Chicken
- Eggs
- Beans

Fruits / Vegetables

- Limes
- Challots
- Spinach
- Radish
- Mango
- Pineapple
- Apple
- Coconut
- Green Beans

