

food-items-list

Item Name	Meal Type	Dietary Type	Cuisine	Nutrition Information	Description	Is Vegan	Is Spicy
Roti	Breakfasts,Lunch,Dinner,Snack	Ø>ÝI V E C	North Indian	It contai	Roti is also known as Chapati which can be consumed with various Items	No	No
Chawal	Lunch	Ø>ÝI V E C	Punjabi			Yes	No
Rice	Lunch	Ø>ÝI V E C	North Indian	Protein 250 GM Carb 100 GM Vitamin A,B,C	Roti is also known as Chapati which can be consumed with various Items	Yes	Yes
Roti2	Lunch,Dinner,Snack	Ø<ßW NON-VEG	Punjabi	250 grma claoories	Tasty Roti	No	Yes
Dall Makni	Breakfasts,Lunch,Dinner	Ø>ÝZ E G	North Indian	Eggs are a nutritional powerhouse, containing a wide array of vitamins, minerals, and other beneficial compounds.	Eggs are a highly versatile and nutritious food source, commonly consumed as a standalone dish or incorporated into various recipes as an ingredient.	No	Yes
Oats	Lunch,Dinner	Ø<ßW NON-VEG	South Indian	Oats are a nutritious grain, rich in carbohydrates, fiber, and protein, with small amounts of fat. A 100-gram serving of raw oats .	Oats (Avena sativa) are a cereal grain, specifically the edible seeds of oat grass, belonging to the Poaceae family. They are a whole-grain food, known for being a good source of fiber, particularly beta-glucan, and are also rich in vitamins, minerals, and antioxidants.	No	Yes
Momos	Breakfasts,Lunch,Dinner,Snack	Ø<ßW NON-VEG	Punjabi			No	No
TestA	Breakfasts	Ø>ÝI V E C	Punjabi	calorie	TestA	No	Yes
TestB	Breakfasts	Ø>ÝI V E C	North Indian	calorie	TestA	No	No
TestC	Lunch	Ø>ÝI V E C	North Indian	Calories proteins	TestC	No	No
TestD	Lunch	Ø>ÝI V E C	North Indian	jeasBv hkjln		No	Yes
TestE	Breakfasts,Lunch,Dinner,Snack	Ø>ÝI V E C	North Indian	adsegws	Test Description A	No	No
TestF	Lunch	Ø>ÝI V E C		Test Nutrition A	TestDescriptionA	No	No
TestJ	Lunch,Dinner	Ø>ÝI V E C			TestJ	No	No
TestG	Breakfasts,Lunch	Ø>ÝI V E C	North Indian	TestG	TestG	No	Yes
TestH	Breakfasts,Lunch	Ø>ÝI V E C	North Indian	TestG	TestG	No	Yes