

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 contain | 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 |