

AYURVEDIC DIET PLAN

Day 1

Breakfast: Garam Masala Chana

Lunch: Makhani Paneer with Spinach

Mid Evening Snacks: Paneer Parantha

Dinner: Seaweed Salad

***Note:** 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.*

Day 2

Breakfast: Quinoa Chili

Lunch: Baingan Bharta

Mid Evening Snacks: Idiyappam with Coconut

Dinner: Rajma Tawa Fry (With minimal oil)

***Note:** 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.*

Day 3

Breakfast: Ghee Rice

Lunch: Vegetable Stir-Fry with Tofu

Mid Evening Snacks: Mango Smoothie

Dinner: Rajma with Jeera Rice

***Note:** 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.*

Day 4

Breakfast: Mango Lassi

Lunch: Sushi Roll (vegetarian)

Mid Evening Snacks: Sweet Potato Fry

Dinner: Pulao

***Note:** 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.*

Day 5

Breakfast: Quinoa Tabbouleh

Lunch: Sprouted Moong Chilla

Mid Evening Snacks: Raita with Cucumber

Dinner: Idli with Coconut Chutney

***Note:** 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.*

Day 6

Breakfast: Mushroom Mutter Paneer

Lunch: Green Moong Dal
Mid Evening Snacks: Shakshuka
Dinner: Tomato Hummus Toast

Note: 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.

Day 7

Breakfast: Ragi Dosa
Lunch: Rajpaneer Wrap
Mid Evening Snacks: Aubergine Bharta
Dinner: Miso Ramen

Note: 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.

Day 8

Breakfast: Kung Pao Paneer
Lunch: Murgh Makhani-Inspired Veggie Curry
Mid Evening Snacks: Seb Tikki (Vegetable Cutlets)
Dinner: Tofu Stir-fry with Quinoa

Note: 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.

Day 9

Breakfast: Paneer Makhani
Lunch: Muesli with Yogurt
Mid Evening Snacks: Caprese Salad with Paneer
Dinner: Makhani Paneer Tikka

Note: 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.

Day 10

Breakfast: Tomato Soup with Basil
Lunch: Pulao
Mid Evening Snacks: Spiced Lentil Soup
Dinner: Makhani Paneer Wrap

Note: 1 cup of milk can be taken before/after 2 hours of meals. Drink warm water sip by sip.