

AYURVEDIC DIET PLAN

Day 1

Breakfast: Sushi Roll (Veg)

Lunch: Cauliflower Rice Stir-Fry

Mid Evening Snacks: Miso Soup with Tofu

Dinner: Grilled Salmon with Herbs

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

Day 2

Breakfast: Paneer Bhuna

Lunch: Chicken Curry (vegetarian style)

Mid Evening Snacks: Quinoa Tikki

Dinner: Masala Zucchini Pancakes

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

Day 3

Breakfast: Mango Lassi

Lunch: Mango Sticky Rice

Mid Evening Snacks: Mango Chutney

Dinner: Ratatouille with Lentils

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

Day 4

Breakfast: Spinach Tofu Bhurji

Lunch: Pho Soup (Vietnamese)

Mid Evening Snacks: Phoed Rice with Vegetables

Dinner: Mushroom Risotto

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

Day 5

Breakfast: Mango Lassi

Lunch: Mango Sticky Rice

Mid Evening Snacks: Mango Chutney

Dinner: Ratatouille with Lentils

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

Day 6

Breakfast: Cauliflower Tikka Masala

Lunch: Rajma Curry

Mid Evening Snacks: Chana Masala with Turmeric Rice

Dinner: Masala Dosa with Coconut Chutney

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

Day 7

Breakfast: Cauliflower Tikka Masala

Lunch: Rajma Curry

Mid Evening Snacks: Chana Masala with Turmeric Rice

Dinner: Masala Dosa with Coconut Chutney

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

Day 8

Breakfast: Kadhi

Lunch: Kale Pulao with Chickpeas

Mid Evening Snacks: Beetroot Hummus

Dinner: Quinoa Kathi Roll

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

Day 9

Breakfast: Quinoa Pilaf with Vegetables

Lunch: Paneer Kofta

Mid Evening Snacks: Spinach Quinoa Bowl

Dinner: Pulao with Saffron

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

Day 10

Breakfast: Ratatouille with Chilli

Lunch: Eggplant Bharta

Mid Evening Snacks: Ratatouille (Indianized)

Dinner: Kadhi with Coriander Rice

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