

Sample Diet Chart for a Day

Breakfast (8:00 AM):

- 2 boiled eggs (ya paneer for vegetarians)
- 1 multigrain toast
- 1 cup green tea or black coffee
- Seasonal fruit (like banana or apple)

Mid-Morning Snack (11:00 AM):

- 1 bowl mixed nuts (almonds, walnuts)
- Coconut water

Lunch (1:00 PM):

- 1 cup brown rice or quinoa
- Grilled chicken/fish (ya dal aur sabzi for vegetarians)
- Mixed vegetable salad with olive oil dressing
- 1 cup curd

Evening Snack (4:00 PM):

- 1 bowl roasted makhana (fox nuts) or popcorn
- Herbal tea

Dinner (8:00 PM):

- 1 bowl soup (tomato/mixed veggies)
- Stir-fried vegetables
- 1 chapati (multigrain)

Before Bed (10:00 PM):

- Warm milk with turmeric or cinnamon.