

Vitamin B3 (Niacin) Meal Plan

Day 1

Morning: Oats porridge with flaxseeds

Afternoon: Dal with brown rice

Night: Grilled chicken with quinoa

Day 2

Morning: Spinach and mushroom smoothie

Afternoon: Lentil dal with roti

Night: Grilled fish with roasted vegetables

Day 3

Morning: Whole grain bread with peanut butter

Afternoon: Chana masala with rice

Night: Grilled turkey with quinoa salad

Day 4

Morning: Mango and spinach smoothie

Afternoon: Tofu stir-fry with mixed vegetables

Night: Baked salmon with roasted vegetables

Day 5

Morning: Almond milk smoothie with oats

Afternoon: Lentil soup with vegetables

Night: Grilled chicken with sweet potatoes

Day 6

Morning: Yogurt with chia seeds and fruits

Afternoon: Palak dal with rice

Night: Grilled shrimp with quinoa

Day 7

Morning: Papaya and chia seed smoothie

Afternoon: Vegetable curry with rice

Night: Grilled fish with roasted broccoli

Day 8

Morning: Whole wheat toast with scrambled eggs

Afternoon: Tomato and cucumber salad

Night: Grilled turkey with quinoa

Day 9

Morning: Mango chia seed pudding

Afternoon: Lentil curry with chapati

Night: Baked cod with vegetables

Day 10

Morning: Banana smoothie with spinach

Afternoon: Chickpea salad

Night: Grilled shrimp with roasted sweet potatoes