

Vitamin D Meal Plan

Day 1

Morning: Boiled eggs with whole-grain toast

Afternoon: Vegetable biryani with raita

Night: Grilled chicken with steamed broccoli

Day 2

Morning: Smoothie with banana, spinach, and almond milk

Afternoon: Rajma (kidney bean) curry with brown rice

Night: Baked fish with roasted sweet potatoes

Day 3

Morning: Paratha with curd

Afternoon: Pumpkin and lentil stew

Night: Grilled tofu with stir-fried veggies

Day 4

Morning: Scrambled eggs with avocado

Afternoon: Vegetable stir fry with quinoa

Night: Paneer tikka with mint chutney

Day 5

Morning: Chia pudding with mango and nuts

Afternoon: Bhindi (okra) curry with roti

Night: Baked chicken with roasted carrots and zucchini

Day 6

Morning: Fortified milk with cereal and flaxseeds

Afternoon: Spinach and chickpea curry with rice

Night: Grilled prawns with garlic sautéed green beans

Day 7

Morning: Greek yogurt with granola and honey

Afternoon: Lauki (bottle gourd) kofta with jeera rice

Night: Grilled lamb chops with sautéed asparagus

Day 8

Morning: Vegetable omelet with whole-grain toast

Afternoon: Dal makhani with steamed rice

Night: Baked trout with lemon herb butter and green salad

Day 9

Morning: Smoothie bowl with berries, nuts, and seeds

Afternoon: Tomato and zucchini pasta

Night: Grilled fish with roasted pumpkin

Day 10

Morning: Overnight oats with almond milk and fruits

Afternoon: Mixed vegetable pulao with cucumber raita

Night: Roasted chicken with sautéed spinach and mashed potatoes