

Vitamin B1 (Thiamine) Meal Plan

Day 1

Morning: Oats porridge with nuts and seeds

Afternoon: Lentil dal with rice

Night: Grilled chicken with quinoa

Day 2

Morning: Flaxseed smoothie with banana

Afternoon: Chickpea and spinach salad

Night: Baked salmon with vegetables

Day 3

Morning: Whole grain toast with almond butter

Afternoon: Pumpkin seeds and kale chips

Night: Grilled turkey with roasted sweet potatoes

Day 4

Morning: Spinach and avocado smoothie

Afternoon: Almonds and sunflower seeds

Night: Grilled chicken with asparagus

Day 5

Morning: Oatmeal with flaxseeds

Afternoon: Sweet potato and kale salad

Night: Grilled fish with roasted vegetables

Day 6

Morning: Smoothie with spinach, kiwi, and nuts

Afternoon: Hummus with carrot sticks

Night: Grilled shrimp with quinoa

Day 7

Morning: Whole grain pancakes with peanut butter

Afternoon: Lentil and avocado salad

Night: Salmon with roasted sweet potatoes

Day 8

Morning: Almonds and banana smoothie

Afternoon: Spinach and avocado salad

Night: Grilled chicken with mixed greens

Day 9

Morning: Oatmeal with sunflower seeds

Afternoon: Tomato and avocado toast

Night: Grilled beef with steamed vegetables

Day 10

Morning: Smoothie with almond butter and berries

Afternoon: Kale salad with pumpkin seeds

Night: Baked cod with roasted vegetables