

Vitamin B12 Meal Plan

Day 1

Morning: Oats porridge with almond milk

Afternoon: Chicken curry with brown rice

Night: Grilled fish with sautéed spinach

Day 2

Morning: Scrambled eggs with spinach and tomatoes

Afternoon: Lentil soup with quinoa

Night: Grilled chicken with steamed vegetables

Day 3

Morning: Greek yogurt with mixed berries

Afternoon: Paneer butter masala with whole wheat roti

Night: Grilled salmon with quinoa and roasted vegetables

Day 4

Morning: Scrambled eggs with spinach and mushrooms

Afternoon: Chickpea curry with brown rice

Night: Grilled chicken with broccoli

Day 5

Morning: Almond milk with almonds

Afternoon: Lentil dal with basmati rice

Night: Baked fish with roasted veggies

Day 6

Morning: Greek yogurt with chia seeds and berries

Afternoon: Spinach and chickpea curry with quinoa

Night: Grilled turkey with mashed sweet potatoes

Day 7

Morning: Scrambled eggs with avocado and tomatoes

Afternoon: Tomato and cucumber salad with olive oil

Night: Grilled chicken with steamed vegetables

Day 8

Morning: Oatmeal with almond milk and chia seeds

Afternoon: Lentil and vegetable stew

Night: Grilled fish with roasted sweet potatoes and broccoli

Day 9

Morning: Almond butter on whole grain toast with banana

Afternoon: Paneer and vegetable curry with quinoa

Night: Baked salmon with quinoa and mixed vegetables

Day 10

Morning: Scrambled eggs with avocado and spinach

Afternoon: Dal with brown rice

Night: Grilled chicken with roasted broccoli and carrots