

Vitamin E Meal Plan

Day 1

Morning: Almonds and flaxseed paratha

Afternoon: Palak (Spinach) and walnut curry with roti

Night: Grilled salmon with sautéed beans

Day 2

Morning: Poha with almonds and flaxseeds

Afternoon: Methi (Fenugreek) and pumpkin curry

Night: Grilled chicken with mixed vegetable stir-fry

Day 3

Morning: Aloo (Potato) and spinach paratha with curd

Afternoon: Sweet potato chaat with peanuts

Night: Rava upma with mixed nuts

Day 4

Morning: Oats porridge with chia seeds

Afternoon: Chana (Chickpeas) salad with avocado

Night: Paneer tikka with sautéed broccoli

Day 5

Morning: Mango and avocado smoothie

Afternoon: Kale and quinoa khichdi

Night: Grilled trout with sautéed spinach

Day 6

Morning: Vegetable poha with nuts

Afternoon: Rajma (Kidney beans) curry with brown rice

Night: Grilled chicken with roasted vegetables

Day 7

Morning: Almond and banana smoothie

Afternoon: Baked sweet potato with spinach

Night: Palak paneer with multigrain roti

Day 8

Morning: Chia pudding with fruits

Afternoon: Baingan (Eggplant) and peanut curry with roti

Night: Grilled fish with mixed vegetable salad

Day 9

Morning: Almond and dates smoothie

Afternoon: Mixed sprouts salad with cucumber and tomatoes

Night: Baked chicken with spinach and sweet potatoes

Day 10

Morning: Aloo and flaxseed paratha

Afternoon: Kale and avocado salad with chickpeas

Night: Grilled shrimp with sautéed carrots