

## Vitamin A Meal Plan

### Day 1

Morning: Carrot paratha with yogurt

Afternoon: Spinach and carrot curry

Night: Grilled chicken with steamed vegetables

### Day 2

Morning: Sweet potato and spinach porridge

Afternoon: Tomato and avocado salad

Night: Baked salmon with sautéed spinach

### Day 3

Morning: Mango smoothie with chia seeds

Afternoon: Spinach and pumpkin soup

Night: Grilled chicken with mashed sweet potatoes

### Day 4

Morning: Scrambled eggs with spinach

Afternoon: Mixed green salad with carrots and cucumbers

Night: Vegetable curry with rice

### Day 5

Morning: Carrot and avocado smoothie

Afternoon: Palak paneer with roti

Night: Baked fish with roasted carrots

### Day 6

Morning: Oatmeal with carrots and almonds

Afternoon: Chickpea and pumpkin stew

Night: Grilled chicken with spinach and sweet potatoes

### Day 7

Morning: Pumpkin and avocado smoothie

Afternoon: Lentil soup with spinach

Night: Grilled salmon with roasted vegetables

### Day 8

Morning: Carrot and beetroot juice

Afternoon: Vegetable curry with roti

Night: Baked chicken with sweet potato fries

## Day 9

Morning: Mango chia seed pudding

Afternoon: Spinach and sweet potato salad

Night: Grilled chicken with pumpkin curry

## Day 10

Morning: Avocado toast with poached eggs

Afternoon: Chickpea salad with carrots

Night: Baked trout with sautéed spinach