

Vitamin C Meal Plan

Day 1

Morning: Orange and mango smoothie

Afternoon: Spinach and bell pepper salad

Night: Tomato curry with rice

Day 2

Morning: Papaya and lemon smoothie

Afternoon: Cucumber and tomato salad

Night: Grilled chicken with steamed broccoli

Day 3

Morning: Kiwi and strawberry smoothie

Afternoon: Mixed green salad with orange slices

Night: Baked salmon with roasted bell peppers

Day 4

Morning: Pineapple and guava juice

Afternoon: Chickpea and cucumber salad

Night: Stir-fried vegetables with lemon

Day 5

Morning: Lemon and honey tea with fruits

Afternoon: Spinach and orange salad

Night: Tomato and lentil curry with rice

Day 6

Morning: Citrus fruit bowl (oranges, grapefruits, kiwi)

Afternoon: Carrot and cucumber salad

Night: Grilled chicken with bell pepper stir-fry

Day 7

Morning: Strawberry and orange smoothie

Afternoon: Tomato and chickpea stew

Night: Grilled salmon with sautéed spinach

Day 8

Morning: Pineapple and spinach smoothie

Afternoon: Kale and orange salad

Night: Vegetable curry with lemon rice

Day 9

Morning: Lemon water with papaya slices

Afternoon: Cucumber and tomato soup

Night: Baked chicken with broccoli

Day 10

Morning: Kiwi and lime juice

Afternoon: Spinach salad with strawberries

Night: Grilled fish with steamed vegetables