## **Diet Chart for high cholesterol**

Sunday		
Breakfast (8:00-8:30 AM)	4 Idly 1/2 cup sambar+1 tsp coconut chutney+1 glass milk(toned)/ 1 cup tea	
Mid-Meal (11:00-11:3 0AM)	1 medium size apple	
Lunch (2:00-2:30P M)	1 cup rice+2 chapathi+fish (100gm) curry+cabbage and green peas sabji	
Evening (4:00-4:30P M)	1 cup boiled green gram sprouts with lemon+ 1 cup green tea	
Dinner (8:00-8:30P M)	3 chapathi+1/2 cup cauliflower sabji+1/2 cup vegetable salad	
Monday		
Breakfast (8:00-8:30A M)	1/2 cup Oats in 1 glass milk(toned)	
Mid-Meal (11:00-11:3 0AM)	1 medium size guava	
Lunch (2:00-2:30P M)	4 chapathi+1/2 cup chana dal+1/2 cup mooli methi sabji+1 glass butter milk	

Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Tuesday  Breakfast (8:00-8:30A M)  Mid-Meal (11:00-11:3 0AM)  Lunch (2:00-2:30P M)  Evening (4:00-4:30P M)  Tuesday  1 medium size pear  1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  3 chapathi(multigrain-wheat;jowar;bajra)+lauki methi sabji+1/2 cup vegetable salad M)  Wednesday  Breakfast (8:00-8:30A M)  Tuesday  1 medium size pear  1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk M)  Wednesday  Tuesday  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)  Wednesday  Tuesday  Tuesday  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)			
(8:00-8:30P M)  Tuesday  Breakfast (8:00-8:30A M)  Mid-Meal (11:00-11:3 OAM)  Lunch (2:00-2:30P M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Breakfast (8:00-8:30A M)  Breakfast (8:00-8:30P M)  Breakfast (8:00-8:30A M)  Tuesday  1 cup sambhar+1tsp methi chutney+1 glass milk(toned) / 1 cup tea  1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk  3 Cracker biscuits+ 1 cup tea/milk(toned)  Wednesday  Breakfast (8:00-8:30A M)  Tuesday  1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk  Wednesday  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)	(4:00-4:30P	1 cup boiled bengalgram with lemon+ 1 cup green tea	
Breakfast (8:00-8:30A M)  Mid-Meal (11:00-11:3 0AM)  Lunch (2:00-2:30P M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Dinner (8:00-8:30P M)  Breakfast (8:00-8:30A M)  I down in	(8:00-8:30P	3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad	
(8:00-8:30A M)  Mid-Meal (11:00-11:3 OAM)  Lunch (2:00-2:30P M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Dinner (8:00-8:30P M)  Wednesday  Breakfast (8:00-8:30A M)  milk(toned)/ 1 cup tea  1 medium size pear  1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk  3 Cracker biscuits+ 1 cup tea/milk(toned)  Wednesday  Wednesday  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)  M)		Tuesday	
(11:00-11:3 OAM)  Lunch (2:00-2:30P glass buttermilk  M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Wednesday  Breakfast (8:00-8:30A M)  Tup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk  3 Cracker biscuits+ 1 cup tea/milk(toned)  Wednesday  Wednesday  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)  M)	(8:00-8:30A		
(2:00-2:30P M)  Evening (4:00-4:30P M)  Dinner (8:00-8:30P M)  Breakfast (8:00-8:30A M)  The state of the sta	(11:00-11:3	1 medium size pear	
(4:00-4:30P M)  Dinner (8:00-8:30P M)  Wednesday  Breakfast (8:00-8:30A M)  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)  M)	(2:00-2:30P	· · · · · · · · · · · · · · · · · · ·	
(8:00-8:30P M)  Wednesday  Breakfast (8:00-8:30A (8:00-8:30A M)  M	(4:00-4:30P	3 Cracker biscuits+ 1 cup tea/milk(toned)	
Breakfast (8:00-8:30A (8:00-8:30A M)  1 cup roasted oats upma with vegetables+1 glass milk/1 cup tea(toned)	(8:00-8:30P		
(8:00-8:30A tea(toned) M)	Wednesday		
	(8:00-8:30A		
Mid-Meal 1 banana (11:00-11:3 0AM)	`	1 banana	

Lunch (2:00-2:30P M)	4 chapathi+1/2 cup french beans curry+1/2 cup colocasia(arbi) sabji+ 1 glass buttermilk		
Evening (4:00-4:30P M)	1 bowl pop corn+1 cup tea/milk(toned)		
Dinner (8:00-8:30P M)	3 chapathi+1/2 cup palak sabji+1/2 cup vegetable salad		
	Thursday		
Breakfast (8:00-8:30A M)	1 cup broken wheat upma with vegetables+1 glass milk/1 cup tea(toned)		
Mid-Meal (11:00-11:3 0AM)	100gm musk melon		
Lunch (2:00-2:30P M)	4 chapathi+1 portion(100gm) grilled/stewed fish+1/2 cup rajmah curry		
Evening (4:00-4:30P M)	1/2 cup Sweet potato salad+ 1 cup green tea		
Dinner (8:00-8:30P M)	3 chapathi+ 1/2 cup ridge gourd(thori) sabji+1/2 cup vegetable salad		
Friday			
Breakfast (8:00-8:30A M)	2 paratha(aloo/gobhi/methi) with 2 tsp green chutney+1 glass milk(toned)/ 1 cup tea		

Mid-Meal (11:00-11:3 0AM)	100gm pomegranate	
Lunch (2:00-2:30P M)	4 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum sabji+ 1 glass buttermilk	
Evening (4:00-4:30P M)	1 small fistful (40 gm) of peanuts,almonds,walnuts+1 cup green tea	
Dinner (8:00-8:30P M)	3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad	
Saturday		
Breakfast (8:00-8:30A M)	Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,spinach/lettuce+1 glass milk(toned)/ 1 cup tea	
Mid-Meal (11:00-11:3 0AM)	1 wedge(100gm) watermelon	
Lunch (2:00-2:30P M)	1 cup rice+2 chapathi+1/2 cup skin out chicken(100gm) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk	
Evening (4:00-4:30P M)	Avocado(50gm) whole wheat bread(3 slices) sandwich+ 1 cup green tea	
Dinner (8:00-8:30P M)	3 chapathi(multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+1/2 cup vegetable salad	