

Diet Chart for High BP Patients

| Sunday | |
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| Breakfast (8:00-8:30A M) | 2 paratha(aloo/mooli/onion) with 2 tsp groundnut chutney |
| Mid-Meal (11:00-11:30AM) | 1 banana |
| Lunch (2:00-2:30P M) | 1 cup rice+2 chapathi+fish-tuna (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 bitter gourd(karela) sabji+1/2 cup vegetable salad |
| Monday | |
| Breakfast (8:00-8:30A M) | 1/2 cup Oats in 1 glass toned milk |
| Mid-Meal (11:00-11:30AM) | 1 wedge(100gm) watermelon |
| Lunch (2:00-2:30P M) | 4 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum paneer sabji+ 1 glass buttermilk |

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| 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+1/2 cup Snake gourd sabji+1/2 cup vegetable salad |
| Tuesday | |
| Breakfast (8:00-8:30A M) | 3 rice dosa+1/2 cup sambhar+1tsp pudina chutney |
| Mid-Meal (11:00-11:30AM) | 100gm pomegranate |
| Lunch (2:00-2:30P M) | 1 cup rice+2 chapathi+1/2 cup yam (jimikand) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk |
| Evening (4:00-4:30P M) | 3 Cracker biscuits+ 1 cup tea/milk(toned) |
| Dinner (8:00-8:30P M) | 3 chapathi(multigrain-wheat;jowar;bajra)+lauki sabji+1/2 cup vegetable salad |
| Wednesday | |
| Breakfast (8:00-8:30A M) | Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,lettuce |
| Mid-Meal (11:00-11:30AM) | 1 medium size apple |

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| Lunch (2:00-2:30P M) | 1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed-tuna fish+1/2 cup rajmah curry |
| Evening (4:00-4:30P M) | 1 bowl unsalted pop corn+1 cup tea/milk(toned) |
| Dinner (8:00-8:30P M) | 3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad |
| Thursday | |
| Breakfast (8:00-8:30A M) | 1 cup broken wheat upma with vegetables+1 glass toned milk/1 cup tea |
| Mid-Meal (11:00-11:30AM) | 100gm musk melon |
| 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) | 1/2 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) | 4 rice Idly+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea |

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| Mid-Meal (11:00-11:30AM) | 1 medium size pear |
| Lunch (2:00-2:30PM) | 4 chapathi+1/2 cup lauki dal+1/2 cup green peas and panner sabji+1 glass butter milk |
| Evening (4:00-4:30PM) | 1 small fistful (40 gm) of peanuts,almonds,walnuts+1 cup green tea |
| Dinner (8:00-8:30PM) | 3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad |
| Saturday | |
| Breakfast (8:00-8:30AM) | 1 cup roasted oats upma with vegetables+1 glass toned milk/1 cup tea |
| Mid-Meal (11:00-11:30AM) | 1 medium size guava |
| Lunch (2:00-2:30PM) | 1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk |
| Evening (4:00-4:30PM) | 1 cup boiled bengalgram with lemon+ 1 cup green tea |
| Dinner (8:00-8:30PM) | 3 chapathi(multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+ 1/2 cup vegetable salad |