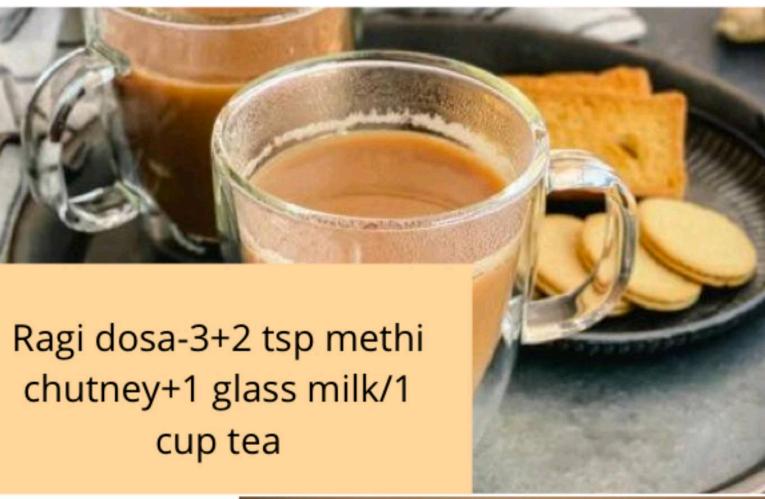


Cardiac Diet Chart



Breakfast
8:00 - 8:30 AM



Ragi dosa-3+2 tsp methi chutney+1 glass milk/1 cup tea



Mid - Meal
11:00 - 11:30 AM

1 medium banana



Evening
4:00 - 4:30 PM

1 glass almond milk+2-3 oats biscuits a



Dinner
8:00 - 8:30 PM

3 roti+1/2 cup ridge gourd sabji+1/2 cup vegetable salad+1 glass buttermilk



Diet plan for Cadiac Patient

Day 1 :

- 1.Breakfast : Banana Yogurt Pots
- 2.Lunch : Cannellini Bean Salad
- 3.Dinner : Quick Moussaka



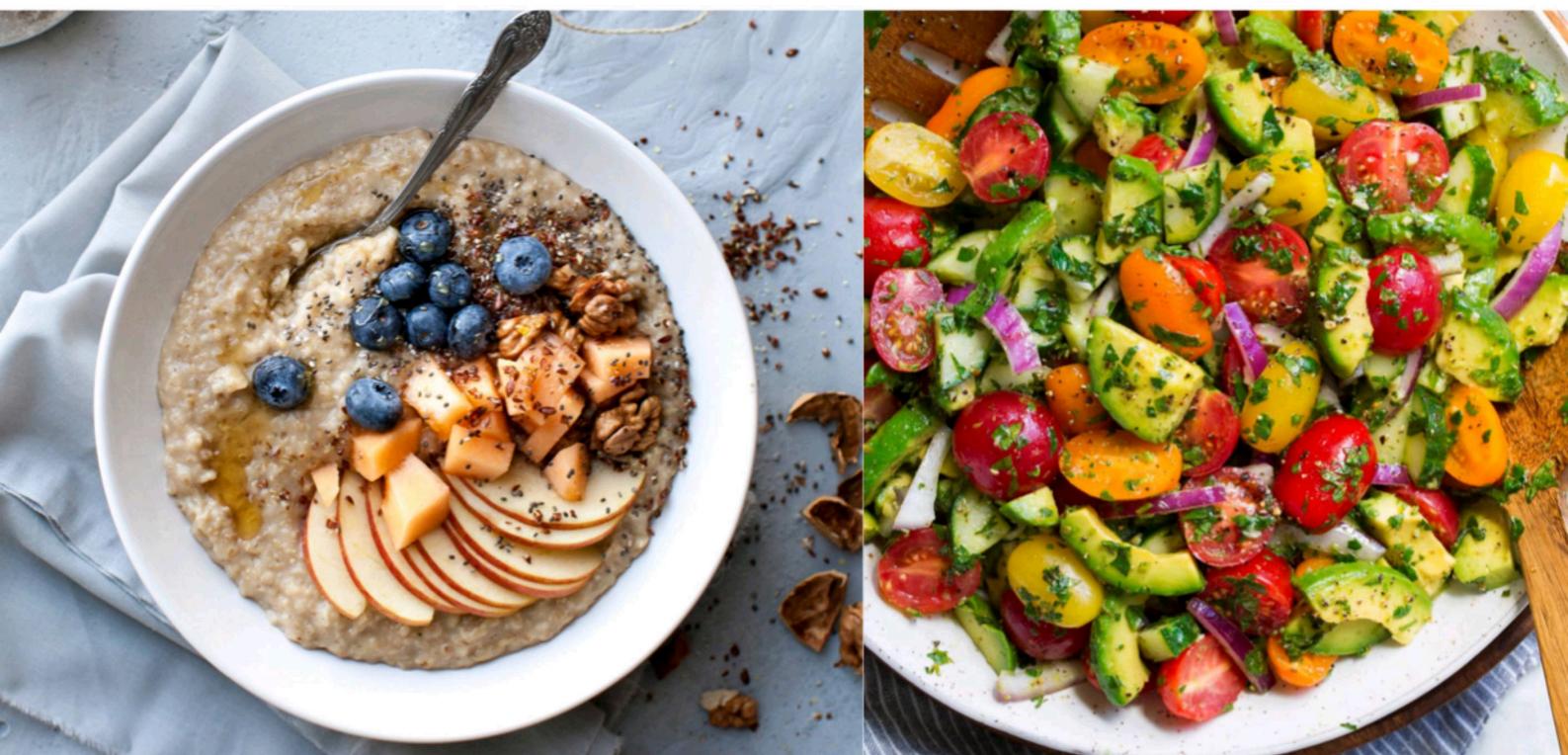
Day 2 :

- 1.Breakfast : Tomato and Watermelon Salad
- 2.Lunch : Edgy Veggie Wraps
- 3.Dinner : Spicy Tomato Baked Eggs



Day 3 :

- 1.Breakfast : Blueberry Oats Bowl
- 2.Lunch : Carrot, Orange and Avocado Salad
- 3.Dinner : Salmon with Potatoes and Corn Salad



Day 4 :

- 1.Breakfast : Banana Yogurt Pots
- 2.Lunch : Mixed Bean Salad
- 3.Dinner : Spiced Carrot and Lentil Soup



Day 5 :

- 1.Breakfast : Tomato and Watermelon Salad
- 2.Lunch : Panzanella Salad
- 3.Dinner : Med Chicken, Quinoa and Greek Salad



Day 6 :

1. Breakfast : Blueberry Oats Bowl
2. Lunch : Quinoa and Stir Fried Veg
3. Dinner : Grilled Vegetables with Bean Mash



Day 7 :

1. Breakfast : Banana Yogurt Pots
2. Lunch : Moroccan Chickpea Soup
3. Dinner : Spicy Mediterranean Beet Salad



Day 8 :

- 1.Breakfast : Ragi dosa-3+2 tsp methi chutney+1 glass milk(toned)/1 cup tea
- 2.Lunch : 1 cup brown rice+2 roti+1/2 cup cabbage dal+1/2 cup capsicum sabji+1 glass buttermilk
- 3.Dinner : 3 roti+1/2 cup ridge gourd sabji+1/2 cup vegetable salad+1 glass buttermil



Day 9 :

1.Breakfast : Dalia upma-1.5 cup with vegetables(potato,onion,tomato,green peas,carrot)+1 glass milk(toned)/1 cup tea

2.Lunch : 4 roti+100gm fish(tuna/sardine/salmon/mackerel with little olive oil)-grilled/stewed+1/2 cup rajmah curry

3.Dinner : 3 roti+1/2 cup ivy gourd sabji+1/2 cup vegetable salad+1 glass buttermilk

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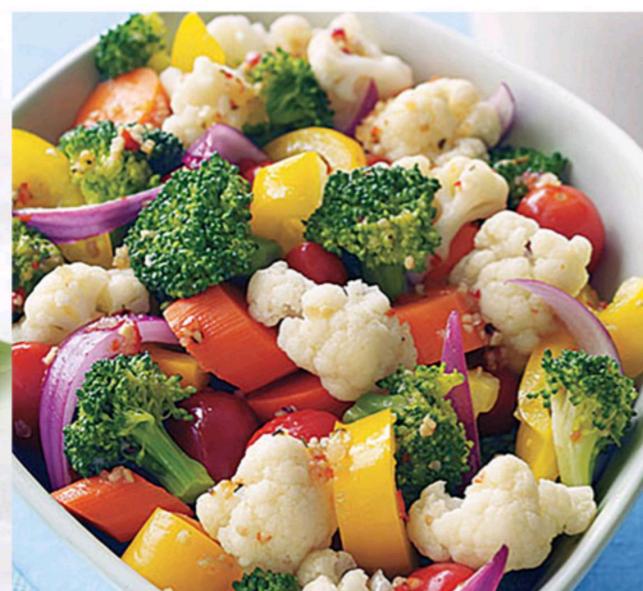
Day 10 :

1. Breakfast : Oats-1/2 cup+milk(toned)-150ml
2. Lunch : 1 cup brown rice+2 jowar roti+1/2 cup tomato dal+1/2 cup cluster beans curry+1 glass buttermilk
3. Dinner : 3 roti+1/2 cup bhindi sabji+1/2 cup vegetable salad+1 glass buttermilk



Day 11 :

- 1.Breakfast : Idly-4+sambhar-1/2 cup+green chutney-2 tsp+1 glass milk(toned)/1 cup tea
- 2.Lunch : 4 bajra roti+1/2 cup lauki dal+1/2 cup green peas and capsicum sabji+1 glass buttermilk
- 3.Dinner : 3 roti+1/2 cup snake gourd sabji+1/2 cup vegetable salad+1 glass buttermilk



Day 12 :

1. Breakfast : Soya and wheat dosa-3+2 tsp pudina chutney+1 glass milk(toned)/1 cup tea
2. Lunch : 1 cup brown rice+2 bajra roti+1/2 cup methi dal+1/2 cup french beans sabji+1 glass buttermilk
3. Dinner : 3 roti+1/2 cup moolimethi sabji+1/2 cup vegetable salad+1 glass buttermilk



Day 13 :

- 1.Breakfast : Paratha-
2(aloo/methi/mooli/gobhi)+2 tsp green
chutney+1 glass milk(toned)/1 cup tea
- 2.Lunch : 4 roti+1/2 cup palak dal+1/2 cup
bitter gourd sabji+1 glass buttermilk
- 3.Dinner : 3 roti+1/2 cup cauliflower sabji+1/2
cup vegetable salad+1 glass buttermilk



Day 14 :

1. Breakfast : 2 Idli + Samber (1 cup)
2. Lunch : 2 Chapati + Chana Daal (1 cup) +
1/4th Fresh Lime
3. Dinner : 2 Chapati + Bottle Gourd/ Fish
Curry (1 cup)



Day 15 :

- 1.Breakfast : Veg Poha (1 cup) + Raita (1/2 cup)
- 2.Lunch : 2 Chapati + Rajma (1 cup) + 1/4th Fresh Lime
- 3.Dinner : 2 Chapati + Snake Gourd/ Fish (1 cup)



Day 16 :

1. Breakfast : 2 Carrot n Bell Peper Pie + Raita (1 cup)
2. Lunch : 2 Chapati + Chickpea Curry (1 cup) + 1/4th Fresh Lime
3. Dinner : 2 Chapati + Drumstick Curry/ Fish (1 cup)



Day 17 :

- 1.Breakfast : 2 Idli + Samber (1 cup)
- 2.Lunch : 2 Chapati + White Chana Curry (1 cup) + 1/4th Fresh Lime
- 3.Dinner : 2 Chapati + Carrot n Beetroot/ Fish Curry (1 cup)



Day 18 :

- 1.Breakfast : Blueberry Oats Bowl
- 2.Lunch : Quinoa and Stir Fried Veg
- 3.Dinner : Grilled Vegetables with Bean Mash



Day 19 :

1. Breakfast : Banana Yogurt Pots
2. Lunch : Moroccan Chickpea Soup
3. Dinner : Spicy Mediterranean Beet Salad



Day 20 :

- 1.Breakfast : Banana Yogurt Pots
- 2.Lunch : Cannellini Bean Salad
- 3.Dinner : Quick Moussaka



Day 21 :

- 1.Breakfast : Tomato and Watermelon Salad
- 2.Lunch : Edgy Veggie Wraps
- 3.Dinner : Spicy Tomato Baked Eggs



Day 22 :

- 1.Breakfast : Banana Yogurt Pots
- 2.Lunch : Mixed Bean Salad
- 3.Dinner : Spiced Carrot and Lentil Soup



Day 23 :

- 1.Breakfast : Blueberry Oats Bowl
- 2.Lunch : Carrot, Orange and Avocado Salad
- 3.Dinner : Salmon with Potatoes and Corn
Salad



Day 24 :

1. Breakfast : Tomato and Watermelon Salad
2. Lunch : Panzanella Salad
3. Dinner : Med Chicken, Quinoa and Greek Salad



Day 25 :

- 1.Breakfast : Veg Poha (1 cup) + Raita (1/2 cup)
- 2.Lunch : 2 Chapati + Mix Daal (1 cup) + 1/4th Fresh Lime
- 3.Dinner : 2 Chapati + Lady's Finger/ Fish Curry (1 cup)



Day 26 :

- 1.Breakfast : 2 Besan Chela + Raita (1/2 cup)
- 2.Lunch : 2 Chapati + Moong Daal (1 cup) +
1/4th Fresh Lime
- 3.Dinner : 2 Chapati + Mix Veg/ Fish Curry (1
cup)



Day 27 :

1. Breakfast : Boiled Veg Salad with Egg Whites (2) + 1 glass Orange Juice
2. Lunch : 2 Chapati + Chicken Curry (1 cup)
3. Dinner : 2 Chapati + Lotus Stem/ Fish Curry (1 cup)



Day 28 :

- 1.Breakfast : Ragi dosa-3+2 tsp methi chutney+1 glass milk(toned)/1 cup tea
- 2.Lunch : 1 cup brown rice+2 roti+1/2 cup cabbage dal+1/2 cup capsicum sabji+1 glass buttermilk
- 3.Dinner : 3 roti+1/2 cup ridge gourd sabji+1/2 cup vegetable salad+1 glass buttermil



Day 29 :

1. Breakfast : Oats-1/2 cup+milk(toned)-150ml
2. Lunch : 1 cup brown rice+2 jowar roti+1/2 cup tomato dal+1/2 cup cluster beans curry+1 glass buttermilk
3. Dinner : 3 roti+1/2 cup bhindi sabji+1/2 cup vegetable salad+1 glass buttermilk



Day 30 :

- 1.Breakfast : 2 Idli + Samber (1 cup)
- 2.Lunch : 2 Chapati + White Chana Curry (1 cup) + 1/4th Fresh Lime
- 3.Dinner : 2 Chapati + Carrot n Beetroot/ Fish Curry (1 cup)

