

DIET RECOMMENDATION SCHEDULE

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Monday	Greek yogurt plain	Grapes	Greek yogurt plain
Tuesday	Mushrooms	Tomato	Avocados
Wednesday	Pork cooked	Poha	Bananas
Thursday	Poha	Brown Rice	Corn
Friday	Turkey cooked	Quninoa	Sweet Potatoes cook
Saturday	Poha	Boiled Potatoes	Strawberries
Sunday	Idli	Yogurt	Brocolli