



EARLY MORNING

🕒 6:00-7:00 AM

Recipe & Quantity

Tea/coffee(1 cup) / lukewarm water with lemon(1 glass)

📘 Preparation Instructions

Without milk and sugar

BREAKFAST

🕒 8:30-9:30 AM

Recipe & Quantity

Oats/ragi Porridge (1 medium bowl) with milk +
Any seasonal fruits (big)

📘 Preparation Instructions

50g cereals, 300 ml milk, honey 3 teaspoon

MID DAY

🕒 11:00 AM

Recipe & Quantity

Mixed fruit salad (1 small bowl) +
Nuts (1 handful)

📘 Preparation Instructions

Use whole fruit instead of fruit juices

LUNCH

🕒 1:30-2:30 PM

Recipe & Quantity

Rice (1 big bowl)/ Roti (3 medium) +
Leafy Dal (1 small bowl) + Dry vegetables (1 big bowl)
+ Omlette (1 whole egg + 2 egg whites) +
Curd (100ml cup)

📘 Preparation Instructions

Vegetables to be boiled first and then sauted with less oil

EVENING SNACK

🕒 4:30-5:30 PM

Recipe & Quantity

Murmura & sprouts (1 medium bowl) +
Coffee / tea (1 cup)

📘 Preparation Instructions

Tea with 100 ml of double toned milk & 2
teaspoon of sugar

DINNER

🕒 8:00-9:30 PM

Recipe & Quantity

Rice (1 big bowl)/ Roti (2medium) +
Vegetable curry (1 big bowl) +
Grilled chicken (3 small pc)
Vegetable salad (1 small bowl)

📘 Preparation Instructions

Vegetables to be boiled first and then sauted
with less oil

Vegetable Choices:

Brinjal, Drumstick, Kovaj, Ridge Gourd, Bitter Gourd,
Snake Gourd, Bottle Gourd, Pumpkin, Jackfruit-raw, Potato,
Yam, Ladies Finger, Cucumber, Beans-cluster, field, French,
Cauliflower, Colcassia, Chow-Chow, Knoll-Khol, Capsicum,
Tapioca, Beetroot, Carrot, Banana- Raw, Flower, stem.

Fruit Choices:

Apple, Guava, Orange, Sweet Lime/ Seasonal Fruits

📘 Oil to be used in preparation:

- Mustard oil, Groundnut oil, coconut oil, rice bran oil, sunflower oil, safflower oil, Virgin olive oil.
- Use 2-3 oils for different preparations
- Or rotate oil on monthly basis

📘 Do not consume milk or dry fruits/nuts with tea or coffee to avoid poor iron absorption

📘 Total Oil/ Ghee/ Butter intake upto 6 tea spoons a day

📘 Avoid high salt and sugar intake.

📘 Avoid thick soups/gravy preparations.

Disclaimer

The above -mentioned meal plan is for a healthy person who is free from any kind of chronic diseases like Diabetes mellitus, Hypertension, Cancer, Tuberculosis, Any major systemic disorder or diseases of Heart/ Lung/ Liver/ Kidney or Neurological or Psychiatric disorder.