



## EARLY MORNING

🕒 6:00-7:00 AM

### Recipe & Quantity

Lukewarm water with lemon (1 glass)

### 📖 Preparation Instructions

Without honey

## BREAKFAST

🕒 8:30-9:30 AM

### Recipe & Quantity

Oats/ Ragi Porridge (1 medium bowl) + Any whole fruit (1 big size)

### 📖 Preparation Instructions

25g cereals, 250ml milk

## MID DAY

🕒 11:00 AM

### Recipe & Quantity

Spinach/ coriander soup (1 big bowl)

### 📖 Preparation Instructions

Soup without butter

## LUNCH

🕒 1:30-2:30 PM

### Recipe & Quantity

Rice (1 medium bowl)/ Roti (2 small pc) + Dal (1 small bowl) + Dry vegetables (1 small bowl) + Curd (100ml cup) + Mixed fruit salad (1 small bowl)

### 📖 Preparation Instructions

Atta quantity for 1 roti ~20-25g

## EVENING SNACK

🕒 4:30-5:30 PM

### Recipe & Quantity

Makhana & sprouts (1 small bowl) + Green tea (1 cup)

### 📖 Preparation Instructions

Without sugar

## DINNER

🕒 8:00-9:30 PM

### Recipe & Quantity

Rice (1 small bowl)/ roti ( 1 small) + vegetable curry (1 medium bowl) + Grilled paneer (2 medium pcs) + veg salad (1 small bowl)

### 📖 Preparation Instructions

Use whole wheat or multigrain flour, 200g veggies

## LATE NIGHT

🕒 10:00 PM

### Recipe & Quantity

Skimmed Milk

### 📖 Preparation Instructions

Use double toned milk (100ml), without sugar

### **Vegetable Choices:**

Brinjal, Drumstick, Koi, 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 2 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.