



EARLY MORNING

🕒 6:00-7:00 AM

Recipe & Quantity

Lemon water

- 📘 Preparation Instructions
- Without sugar or honey

BREAKFAST

🕒 8:30-9:30 AM

Recipe & Quantity

Oats/ Ragi Porridge (1 medium bowl) + Nuts (10 almonds, 2 walnuts) + Banana / any whole fruit (1)

- 📘 Preparation Instructions
- 25g cereals, 250ml milk, honey 1 teaspoon

MID DAY

🕒 11:00 AM

Recipe & Quantity

Mixed fruit salad (1 small bowl)

- 📘 Preparation Instructions
- Use whole fruit instead of fruit juices

LUNCH

🕒 1:30-2:30 PM

Recipe & Quantity

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

- 📘 Preparation Instructions
- Atta quantity for 1 roti ~20-25g

EVENING SNACK

🕒 4:30-5:30 PM

Recipe & Quantity

Leafy vegetable soup (1 big bowl)

- 📘 Preparation Instructions
- Without butter

DINNER

🕒 8:00-9:30 PM

Recipe & Quantity

Rice (1 small bowl)/ Roti (2 small) + Vegetable curry (1 medium bowl) + veg salad (1 small bowl)

- 📘 Preparation Instructions
- Use whole wheat or multigrain flour, 200g veggies

LATE NIGHT

🕒 10:00 PM

Recipe & Quantity

Milk (1 glass)

- 📘 Preparation Instructions
- Use double toned milk (100ml), without sugar

Vegetable Choices:

Brinjal, Drumstick, Kova, 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 3 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.