



## 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 + whole fruit (1 big size) + nuts (almonds 10, walnuts 2)

### 📖 Preparation Instructions

75g cereals, 300 ml milk, honey 2 teaspoon

## MID DAY

🕒 11:00 AM

### Recipe & Quantity

Spinach/ coriander soup (1 big bowl)

### 📖 Preparation Instructions

Use whole fruit instead of fruit juices

## LUNCH

🕒 1:30-2:30 PM

### Recipe & Quantity

Rice (1 big bowl)/ Roti (2 medium) + Dal (1 small bowl) + Vegetable curry (1 big bowl) + Omelte (1 whole egg + 2 egg white)  
Curd (100ml cup) + Mixed fruit salad (1 small bowl)

### 📖 Preparation Instructions

Vegetables to be boiled first and then sauted with less oil

## EVENING SNACK

🕒 4:30-5:30 PM

### Recipe & Quantity

Murmura with sprouts (1 small bowl) + Masala 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 (2small 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 5 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.