



EARLY MORNING

🕒 6:00-7:00 AM

Recipe & Quantity

Milk Tea/ Coffee (1 cup)

📖 Preparation Instructions

50 ml double toned milk with ½ teaspoon sugar

BREAKFAST

🕒 8:30-9:30 AM

Recipe & Quantity

Oats/ Ragi Porridge (1 medium bowl) / bread toast (2pcs)/ muesli (1 small bowl/ cornflakes (1 small bowl) with milk (1 cup)

📖 Preparation Instructions

75g cereals, 300ml milk, honey/ jaggery 10 g

MID DAY

🕒 11:00 AM

Recipe & Quantity

Fruit salad (1 plate) with nuts (1 fistful)

📖 Preparation Instructions

Use whole fruit instead of fruit juices

LUNCH

🕒 1:30-2:30 PM

Recipe & Quantity

Rice (1 medium bowl)/ Roti (2 small size) + Leafy Dal (1 small bowl) + Dry vegetables (1 medium bowl) + Curd (200ml cup)
Seasonal fruit (1 medium size)

📖 Preparation Instructions

Atta quantity for 1 roti ~20-25g, Rice -50g

EVENING SNACK

🕒 4:30-5:30 PM

Recipe & Quantity

sprouts (1 small bowl) + Puffed rice (1 medium bowl)
Masala tea

📖 Preparation Instructions

50 ml double toned milk with ½ teaspoon sugar

DINNER

🕒 8:00-9:30 PM

Recipe & Quantity

Vegetable rice (1 medium bowl)/ veg stuffed roti (1 medium size) + tofu curry (1 medium bowl) + veg salad (1 plate)

📖 Preparation Instructions

Use whole wheat or multigrain flour, 300g veggies

LATE NIGHT

🕒 10:00 PM

Recipe & Quantity

Milk (1 glass)

📖 Preparation Instructions

Use double toned milk (200ml), with 5g jaggery

Vegetable Choices:

Brinjal, Drumstick, Kovai, 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.