



## EARLY MORNING

🕒 6:00-7:00 AM

### Recipe & Quantity

Lemon water

### 📖 Preparation Instructions

Without milk or honey

## BREAKFAST

🕒 8:30-9:30 AM

### Recipe & Quantity

Oats/ Ragi Porridge (1 medium bowl) + Banana / any seasonal whole fruit (1 big)

### 📖 Preparation Instructions

35g cereals, 250ml milk, 1 teaspoon sugar

## MID DAY

🕒 11:00 AM

### Recipe & Quantity

Spinach soup (1 big bowl)

### 📖 Preparation Instructions

Soup without butter

## LUNCH

🕒 1:30-2:30 PM

### Recipe & Quantity

Rice (1 medium bowl)/ Roti (2 small) + Leafy Dal (1 medium 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 (1 small bowl) / nuts (almonds 5, walnuts 1) + Green tea (1 cup)

### 📖 Preparation Instructions

Without sugar

## DINNER

🕒 8:00-9:30 PM

### Recipe & Quantity

Rice (1 medium bowl)/ Roti (2 small) + vegetable curry (1 medium bowl) + veg salad (1 medium 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 (250ml), without sugar

### Vegetable Choices:

Brinjal, Drumstick, Kovaï, 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.