



## 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

## MID DAY

🕒 11:00 AM

### Recipe & Quantity

Spinach/ leafy vegetable soup (1 big bowl)

📖 Preparation Instructions  
Soup without butter

## 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) + Mixed fruit salad (1 small bowl)

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

## EVENING SNACK

🕒 4:30-5:30 PM

### Recipe & Quantity

Rice flakes (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) + veg salad (1 small bowl)

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

## LATE NIGHT

🕒 10:00 PM

### Recipe & Quantity

Skimmed milk with turmeric

📖 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.