

Diet Chart for High Blood Pressure

Sunday	
Breakfast (8:00-8:30AM)	2 paratha(aloo/mooli/onion) with 2 tsp groundnut chutney
Mid-Meal (11:00-11:30AM)	1 banana
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+fish-tuna (100gm) curry+cabbage and green peas sabji
Evening (4:00-4:30PM)	1 cup boiled green gram sprouts with lemon+ 1 cup green tea
Dinner (8:00-8:30PM)	3 chapathi+1/2 cup bitter gourd(karela) sabji+1/2 cup vegetable salad
Monday	
Breakfast (8:00-8:30AM)	1/2 cup Oats in 1 glass toned milk
Mid-Meal (11:00-11:30AM)	1 wedge(100gm) watermelon
Lunch (2:00-2:30PM)	4 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum paneer sabji+ 1 glass buttermilk
Evening (4:00-4:30PM)	Avocado(50gm) whole wheat bread(3 slices) sandwich+ 1 cup green tea
Dinner (8:00-8:30PM)	3 chapathi+1/2 cup Snake gourd sabji+1/2 cup vegetable salad
Tuesday	
Breakfast (8:00-8:30AM)	3 rice dosa+1/2 cup sambhar+1tsp pudina chutney

Mid-Meal (11:00-11:30AM)	100gm pomegranate
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+1/2 cup yam (jimikand) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk
Evening (4:00-4:30PM)	3 Cracker biscuits+ 1 cup tea/milk(toned)
Dinner (8:00-8:30PM)	3 chapathi(multigrain-wheat;jowar;bajra)+lauki sabji+1/2 cup vegetable salad
Wednesday	
Breakfast (8:00-8:30AM)	Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,lettuce
Mid-Meal (11:00-11:30AM)	1 medium size apple
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed-tuna fish+1/2 cup rajmah curry
Evening (4:00-4:30PM)	1 bowl unsalted pop corn+1 cup tea/milk(toned)
Dinner (8:00-8:30PM)	3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad
Thursday	
Breakfast (8:00-8:30AM)	1 cup broken wheat upma with vegetables+1 glass toned milk/1 cup tea
Mid-Meal (11:00-11:30AM)	100gm musk melon
Lunch (2:00-2:30PM)	4 chapathi+1/2 cup french beans curry+1/2 cup colocasia(arbi) sabji+1 glass buttermilk
Evening (4:00-4:30PM)	1/2 cup Sweet potato salad+ 1 cup green tea

Dinner (8:00-8:30PM)	3 chapathi+ 1/2 cup ridge gourd(thori) sabji+1/2 cup vegetable salad
Friday	
Breakfast (8:00-8:30AM)	4 rice Idly+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea
Mid-Meal (11:00-11:30AM)	1 medium size pear
Lunch (2:00-2:30PM)	4 chapathi+1/2 cup lauki dal+1/2 cup green peas and panner sabji+1 glass butter milk
Evening (4:00-4:30PM)	1 small fistful (40 gm) of peanuts,almonds,walnuts+1 cup green tea
Dinner (8:00-8:30PM)	3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad
Saturday	
Breakfast (8:00-8:30AM)	1 cup roasted oats upma with vegetables+1 glass toned milk/1 cup tea
Mid-Meal (11:00-11:30AM)	1 medium size guava
Lunch (2:00-2:30PM)	1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk
Evening (4:00-4:30PM)	1 cup boiled bengalgram with lemon+ 1 cup green tea
Dinner (8:00-8:30PM)	3 chapathi(multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+ 1/2 cup vegetable salad