

Diet Chart for Low Blood Pressure

Sunday	
Breakfast (8:00-8:30AM)	Stuffed <u>cabbage</u> chapati (2) + <u>Cucumber</u> raita (1/2 cup) + <u>Tomato</u> chutney (1/3rd cup)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Soaked Almonds(4) n Raisins(4)
Lunch (2:00-2:30PM)	Chapati (2) + Chicken curry (1/2 cup)
Evening (4:00-4:30PM)	1 Guava
Dinner (8:00-8:30PM)	Chapati (2) + Bottle gourd curry (1/2 cup)
Monday	
Breakfast (8:00-8:30AM)	Milk n Cornflakes with strawberry(3-4) + Cashew nuts(3) + Almonds(4)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Toast(2 slices)
Lunch (2:00-2:30PM)	Rice flakes pulav (1 cup) + Cauliflower curry (1/2 cup) + Roasted papad (1-2)
Evening (4:00-4:30PM)	2 Chikus
Dinner (8:00-8:30PM)	Chapati (2) + Ridge gourd curry (1/2 cup)
Tuesday	
Breakfast (8:00-8:30AM)	Methi paratha (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)

Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Soaked Almonds(4) n Raisins(4)
Lunch (2:00-2:30PM)	Chapati (2) + Soy bean curry (1/2 cup)
Evening (4:00-4:30PM)	Pomegranate (1 cup)
Dinner (8:00-8:30PM)	Chapati (2) + Mix veg. curry (1/2 cup)
Wednesday	
Breakfast (8:00-8:30AM)	Spinach paratha (2) + Cucumber n onion raita (1/2 cup) + Tomato chutney (1/3rd cup)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Soaked Almonds(4) n Raisins(4)
Lunch (2:00-2:30PM)	Chapati (2) + Egg curry (1/2 cup)
Evening (4:00-4:30PM)	1 Apple
Dinner (8:00-8:30PM)	Chapati (2) + Snake gourd curry (1/2 cup)
Thursday	
Breakfast (8:00-8:30AM)	Milk n Cornflakes with banana() + Cashew nuts(3) + Almonds(4)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Rusk(2)
Lunch (2:00-2:30PM)	Dosa (2) + Samber (1/2 cup) + Raita (1/3rd cup)
Evening (4:00-4:30PM)	Grapes (1 cup)

Dinner (8:00-8:30PM)	Chapati (2) + Baked Carrot n Beetroot (1/2 cup)
Friday	
Breakfast (8:00-8:30AM)	Aloo paratha(1.5) + Cucumber n onion raita (1/2 cup) + Tomato chutney (1/3rd cup)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Soaked Almonds(4) n Raisins(4)
Lunch (2:00-2:30PM)	Chapati (2) + Paneer curry (1/2 cup)
Evening (4:00-4:30PM)	1 Ripe Banana
Dinner (8:00-8:30PM)	Chapati (2) + Spinach curry (1/2 cup)
Saturday	
Breakfast (8:00-8:30AM)	Grated carrot paratha (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
Mid-Meal (11:00-11:30AM)	Coffee (1 cup) + Soaked Almonds(4) n Raisins(4)
Lunch (2:00-2:30PM)	Veg. pulav (1 cup) + Dum aloo (1/2 cup) + Roasted papad (1-2)
Evening (4:00-4:30PM)	1 Orange
Dinner (8:00-8:30PM)	Chapati (2) + Baked Pumpkin (1/2 cup)