

| Low Blood Pressure Diet – 7 Day Meal Plan | | | | | | | |
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| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast (8:00 to 8:30 AM) | 2 stuffed cabbage chapati + ½ cup cucumber raita + 1/3rd cup tomato chutney | Cornflakes and milk with strawberry (3 to 4) + 4 almonds and 3 cashew nuts | ½ cup cucumber raita + 2 methi paratha + 1/3rd tomato chutney | 1/3rd tomato chutney + onion and cucumber raita + 2 spinach paratha | 3 cashew nuts + 4 almonds + cornflakes, milk, with banana | 4 raisins + 4 almonds + one cup of coffee | 1/3rd cup tomato chutney + ½ cup cucumber raita + 2 cup grated carrot paratha |
| Mid-Meal (11:00 to 11:30 AM) | Four raisins and four almonds and one cup of coffee | Two slices of toasts and one cup of coffee | Four raisins and four almonds and one cup of coffee | Four raisins and four almonds and one cup of coffee | Two rusks and one cup of coffee | Four raisins and four almonds and one cup of coffee | Four raisins and four almonds and one cup of coffee |
| Lunch (2:00 to 2:30 PM) | ½ cup chicken curry and two chapatis | ½ cup cauliflower curry and one cup rice flakes pulao and one to two roasted papad | ½ cup soybean curry and 2 chapati | ½ cup egg curry + 2 chapatis | ½ cup sambar + 2 dosas + 1/3rd cup raita | ½ cup paneer curry and 2 chapati | One to two roasted papad + ½ cup dum aloo + 1 cup vegetable pulao |
| Evening (4:00 to 4:30 PM) | One guava | Two chikus | One cup pomegranate | One apple | One cup of grapes | One ripe banana | One orange |
| Dinner (8:00 to 8:30 PM) | ½ cup bottle gourd curry and 2 chapati | ½ cup Ridge gourd curry + 2 chapatis | ½ cup mix vegetable curry and 2 chapatis | ½ cup snake gourd curry + two chapatis | ½ cup Baked beetroot and carrot and two chapati | ½ cup spinach curry and 2 chapati | ½ cup baked pumpkin and 2 chapatis |