

Vitamin B2 (Riboflavin) Meal Plan

Day 1

Morning: Almond milk smoothie with banana

Afternoon: Dal with rice

Night: Grilled chicken with sautéed spinach

Day 2

Morning: Whole wheat toast with avocado

Afternoon: Chickpea salad with lemon

Night: Fish curry with roti

Day 3

Morning: Oats porridge with flaxseeds

Afternoon: Lentil soup with spinach

Night: Grilled turkey with quinoa

Day 4

Morning: Scrambled eggs with bell peppers

Afternoon: Chana masala with rice

Night: Grilled chicken with roasted vegetables

Day 5

Morning: Mango smoothie with chia seeds

Afternoon: Palak dal with chapati

Night: Baked fish with quinoa

Day 6

Morning: Yogurt with almonds and berries

Afternoon: Spinach and lentil stew

Night: Chicken curry with rice

Day 7

Morning: Chia pudding with banana

Afternoon: Vegetable stir-fry with tofu

Night: Grilled shrimp with quinoa

Day 8

Morning: Papaya smoothie with almond milk

Afternoon: Dal fry with roti

Night: Baked salmon with roasted veggies

Day 9

Morning: Coconut water smoothie with fruit

Afternoon: Chickpea and spinach curry

Night: Grilled chicken with rice

Day 10

Morning: Eggs with sautéed spinach

Afternoon: Cauliflower and lentil curry

Night: Grilled fish with sweet potatoes