

## Vitamin K Meal Plan

### Day 1

Morning: Methi (Fenugreek) paratha with curd

Afternoon: Kale and chickpea curry

Night: Grilled chicken with steamed broccoli

### Day 2

Morning: Spinach and ginger smoothie

Afternoon: Lentil and kale soup

Night: Grilled fish with steamed spinach

### Day 3

Morning: Scrambled eggs with spinach and tomatoes

Afternoon: Methi (Fenugreek) leaves with roti

Night: Palak (Spinach) and dal fry with rice

### Day 4

Morning: Chia pudding with spinach and fruits

Afternoon: Broccoli and lentil soup

Night: Baked chicken with kale salad

### Day 5

Morning: Spinach and avocado smoothie

Afternoon: Cabbage and chickpea curry

Night: Grilled shrimp with kale and quinoa

### Day 6

Morning: Omelette with spinach

Afternoon: Kale and cabbage salad with peanuts

Night: Roast chicken with steamed vegetables

### Day 7

Morning: Smoothie with kale and apple

Afternoon: Spinach and dal curry with roti

Night: Grilled mackerel with roasted broccoli

### Day 8

Morning: Scrambled tofu with spinach

Afternoon: Kale and carrot salad with lemon

Night: Chicken stir-fry with broccoli

## Day 9

Morning: Whole grain toast with spinach and avocado

Afternoon: Spinach and chickpea curry

Night: Grilled salmon with mixed greens

## Day 10

Morning: Omelette with spinach and mushroom

Afternoon: Kale salad with chickpeas

Night: Palak paneer with roti