**Symptom1:skin problems**

1. **Acne**

Acne is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch.Acne most commonly develops on the:face, back, chest

What can I do if I have acne?

The self-help techniques below may be useful:

* Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse
* Don't try to "clean out" blackheads or squeeze spots. This can make them worse and cause permanent scarring
* Avoid using too much make-up and cosmetics. Use water-based products that are described as non-comedogenic (this means the product is less likely to block the pores in your skin)
* If dry skin is a problem, use a fragrance-free, water-based emollient

**Diet Plan for acne includes:**

* breads, especially white bread and bagels
* sweetened breakfast cereals, such as those with corn flakes, puffed rice, and bran flakes
* instant cereals, such as oatmeal and grits
* some fruits and vegetables, including melons, pineapples, [pumpkins](https://www.medicalnewstoday.com/articles/279610.php), and potatoes
* enriched pastas, such as rice-based pasta
* short grain white rice
* snack foods, such as pretzels, rice cakes, and popcorn

Foods rich in omega-3 fatty acids include:

* fish, such as mackerel, salmon, and sardines
* pastured eggs
* soybeans and soy products, such as tofu
* spinach and [kale](https://www.medicalnewstoday.com/articles/270435.php)
* navy beans
* grass-fed beef
* nuts, such as walnuts and almonds
* flaxseeds
* mustard seeds
* wild rice

**Products sold:**

# Roma -Acne And Acne Scars, Spots Treatment Bundle – Rs.300

#### What it does?

* Treats active acne pimples
* Repairs old and new acne marks and scars
* Provides water resistant SPF 50 PA++++ broad spectrum sun protection

#### What it contains?

* Acne Clarifying Gel 20g for active acne
* Pitstop Gel 30g for acne pits and scars
* Ultra Matte Dry Touch Sunscreen Gel 50g for SPF50 PA++++ protection

1. **Chicken pox**

Chickenpox is a mild and common childhood illness that most children catch at some point.It causes a rash of red, itchy spots that turn into fluid-filled [blisters](https://www.nhsinform.scot/injuries/skin-injuries/blisters/). They then crust over to form scabs, which eventually drop off.

## Causes of chickenpox

Chickenpox is caused by the varicella-zoster virus. You catch it by coming into contact with someone who is infected.Chickenpox is a very contagious infection. Around 90% of people who have not previously had chickenpox will become infected when they come into contact with the virus.

**Diet Chart**

**Monday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Yoghurt (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender Coconut Water (1 glass)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Grapes (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

1. **Asthma**

Asthma is a common long-term condition that can cause coughing, wheezing, chest tightness and breathlessness.

The severity of these symptoms varies from person to person. Asthma can be controlled well in most people most of the time, although some people may have more persistent problems.

**Diet Chart For Asthma**

**Monday**

Breakfast (8:00-8:30AM) Soy Milk (200ml) + Cornflakes + Ripe Banana (1)

Mid-Meal (11:00-11:30AM) 1 Orange + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis +

Evening (4:00-4:30PM) Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Veg. Sandwich (2) + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM) Pomegranate (1/2 cup) + 1 Guava

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Evening (4:00-4:30PM) Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Boiled Veg. Salad (carrots, broccoli, spring onions, corns) 1 cup + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM) Pomegranate (1/2 cup) + 1 Guava

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Evening (4:00-4:30PM) Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Soy Milk (200ml) + Cornflakes + Ripe Banana (1)

Mid-Meal (11:00-11:30AM) 1 Orange + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis

Evening (4:00-4:30PM) Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Veg. Sandwich (2) + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM) Pomegranate (1/2 cup) + 1 Guava

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + Veg. curry (1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) Green Tea (1 cup) with 1/2 tsp honey + 4 Almonds + 5-6 Raisins

Dinner (8:00-8:30PM) 2 Chapati + Veg. Curry (1/2 cup)

1. **Chest pain**

Chest pain can be caused by anything from muscle pain to a heart attack and should never be ignored. Most chest pain is not heart-related and isn't a sign of a life-threatening problem. Some common causes of chest pain are outlined below.

### Gastro-oesophageal reflux disease (GORD)

### Bone or muscle problems

### Anxiety and panic attacks

### Lung conditions

**Diet Plan For Cardiac Patients**

**Sunday**

Breakfast (8:00-8:30AM) Ragi dosa-3+2 tsp methi chutney+1 glass milk(toned)/1 cup tea

Mid-Meal (11:00-11:30AM) 1 medium banana

Lunch (2:00-2:30PM) 1 cup brown rice+2 roti+1/2 cup cabbage dal+1/2 cup capsicum sabji+1 glass buttermilk

Evening (4:00-4:30PM) 1 glass almond milk(toned)+2-3 oats biscuits

Dinner (8:00-8:30PM) 3 roti+1/2 cup ridge gourd sabji+1/2 cup vegetable salad+1 glass buttermilk

**Monday**

Breakfast (8:00-8:30AM) Dalia upma-1.5 cup with vegetables(potato,onion,tomato,green peas, carrot)+1 glass milk(toned)/1 cup tea

Mid-Meal (11:00-11:30AM) 1 medium apple

Lunch (2:00-2:30PM) 4 roti+100gm fish(tuna/sardine/salmon/mackerel with little olive oil)-grilled/stewed+1/2 cup rajmah curry

Evening (4:00-4:30PM) 1 cup boiled sprouted green gram dal+1 cup green tea

Dinner (8:00-8:30PM) 3 roti+1/2 cup ivy gourd sabji+1/2 cup vegetable salad+1 glass buttermilk

**Tuesday**

Breakfast (8:00-8:30AM) Oats-1/2 cup+milk(toned)-150ml

Mid-Meal (11:00-11:30AM) 1 medium orange

Lunch (2:00-2:30PM) 1 cup brown rice+2 jowar roti+1/2 cup tomato dal+1/2 cup cluster beans curry+1 glass buttermilk

Evening (4:00-4:30PM) 1 small fist of peanuts,raisins,almonds,walnuts+1 cup green tea

Dinner (8:00-8:30PM) 3 roti+1/2 cup bhindi sabji+1/2 cup vegetable salad+1 glass buttermilk

**Wednesday**

Breakfast (8:00-8:30AM) Idly-4+sambhar-1/2 cup+green chutney-2 tsp+1 glass milk(toned)/1 cup tea

Mid-Meal (11:00-11:30AM) 1 medium pomegranate

Lunch (2:00-2:30PM) 4 bajra roti+1/2 cup lauki dal+1/2 cup green peas and capsicum sabji+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup boiled sprouted bengal gram+1 cup green tea

Dinner (8:00-8:30PM) 3 roti+1/2 cup snake gourd sabji+1/2 cup vegetable salad+1 glass buttermilk

**Thursday**

Breakfast (8:00-8:30AM) Soya and wheat dosa-3+2 tsp pudina chutney+1 glass milk(toned)/1 cup tea

Mid-Meal (11:00-11:30AM) 100gm water melon

Lunch (2:00-2:30PM) 1 cup brown rice+2 bajra roti+1/2 cup methi dal+1/2 cup french beans sabji+1 glass buttermilk

Evening (4:00-4:30PM) 1 glass walnut milk(toned)+2-3 multigrain biscuits

Dinner (8:00-8:30PM) 3 roti+1/2 cup moolimethi sabji+1/2 cup vegetable salad+1 glass buttermilk

**Friday**

Breakfast (8:00-8:30AM) Roasted oats upma-1.5 cup with vegetables(potato,onion,tomato,green peas, carrot)+1 glass milk(toned)/1 cup tea

Mid-Meal (11:00-11:30AM) 100gm musk melon

Lunch (2:00-2:30PM) 1 cup white rice+2 roti+100gm fish(tuna/sardine/salmon/mackerel) curry+1/2 cup soya chunk and aloo sabji

Evening (4:00-4:30PM) 1 glass avocado(75gm) milkshake(milk-150ml-toned)

Dinner (8:00-8:30PM) 3 roti+1/2 cup lauki sabji+1/2 cup vegetable salad+1 glass buttermilk

1. Cornoa virus
2. **Tubercolosis**

Tuberculosis (TB) is a bacterial infection spread through inhaling tiny droplets from the coughs or sneezes of an infected person.

It is a serious condition, but can be cured with proper treatment.

TB mainly affects the lungs. However, it can affect any part of the body, including the glands, bones and nervous system

* a persistent [cough](https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/cough/) that lasts more than three weeks and usually brings up phlegm, which may be bloody
* weight loss
* night sweats
* high temperature (fever)
* tiredness and fatigue
* loss of appetite
* new swellings that haven't gone away after a few weeks

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) cottage Cheese sandwich(2 slice bread) + 1 cup skimmed milk.

Mid-Meal (11:00-11:30AM) 1 cup boiled green gram sprouts

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1 cup Soy Chunk curry

Evening (4:00-4:30PM) 1 cup Almond milk

Dinner (8:00-8:30PM) 2 chapati + Lady's finger sabji 1 cup

**Monday**

Breakfast (8:00-8:30AM) chapati-3+ Paneer sabji 1 cup

Mid-Meal (11:00-11:30AM) 1 cup grilled vegetables with Cottage cheese.

Lunch (2:00-2:30PM) 2 Roti+ Mushroom curry 1 cup + 1 cup moong dal

Evening (4:00-4:30PM) 1 apple + 1/2 cup cottage cheese

Dinner (8:00-8:30PM) 2 chapati + arhar dal 1 cup

**Tuesday**

Breakfast (8:00-8:30AM) Soy flour Uthappam 2 + coconut chutney + 1 glass skim milk.

Mid-Meal (11:00-11:30AM) 1 cup boiled black chana

Lunch (2:00-2:30PM) 1 cup rice + Kidney beans curry 1 cup + cucumber salad+ cottage cheese vegetable 1 cup.

Evening (4:00-4:30PM) Brown rice flakes poha with nuts 1 cup

Dinner (8:00-8:30PM) 2 paneer stuffed capsicum +2 chapati

**Wednesday**

Breakfast (8:00-8:30AM) Paneer Paratha 2+ 1 cup skim milk

Mid-Meal (11:00-11:30AM) 1 cup grilled paneer

Lunch (2:00-2:30PM) 2 chapati + Black eyed beans curry 1 cup + cucumber salad

Evening (4:00-4:30PM) 1 cup soy milk

Dinner (8:00-8:30PM) Broken wheat upma 1 cup+ 1/2 cup green beans sabji

**Thursday**

Breakfast (8:00-8:30AM) Mushroom Paratha 2 +1 cup skim milk

Mid-Meal (11:00-11:30AM) 1 cup boiled green gram sprouts

Lunch (2:00-2:30PM) 1/2 cup rice + 1-2 chappati + Chickpeas spinach curry 1/2 cup + Snake gourd sabji 1/2 cup

Evening (4:00-4:30PM) 1 cup boiled channa

Dinner (8:00-8:30PM) 2 chapati+ 1 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Moong dal cheela with paneer filling- 2 + 1 cup skim milk

Mid-Meal (11:00-11:30AM) 1 cup boiled black chana

Lunch (2:00-2:30PM) 1 cup rice+ Soy chunk curry1/2 cup+ Lady's finger sabji 1/2 cup

Evening (4:00-4:30PM) 1 glass almond milk

Dinner (8:00-8:30PM) 2 chapati+Ridge gourd sabji 1 cup

**Saturday**

Breakfast (8:00-8:30AM) Wheat dosa-2 + Tofu curry 1 cup

Mid-Meal (11:00-11:30AM) 1 cup grilled vegetables with Cottage cheese.

Lunch (2:00-2:30PM) 1/2 cup rice+ 1-2 chapati + Kidney beans curry 1/2 cup + Palak paneer sabji 1/2 cup

Evening (4:00-4:30PM) 1 cup boiled black eye beans

Dinner (8:00-8:30PM) Broken wheat upma 1 cup+ 1/2 cup green beans sabji

1. **Pneumonia**

**Pneumonia** is an infection in one or both lungs. Bacteria, viruses, and fungi cause it. The infection causes inflammation in the air sacs in your lungs, which are called alveoli. The alveoli fill with fluid or pus, making it difficult to breathe.

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Apple

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Vegetable soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Mashed potato (2) + Ghee (1tsp) + Warm Rasgolla (2)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk (1/2 cup) with added sugar

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Ripe banana

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot n potato curry (1/2 cup) + Warm Rasgolla (2)

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp**)**

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas and carrots

Mid-Meal (11:00-11:30AM) Tender cococnut water (1 cup) + 1 orange

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup) + Boiled egg (1) + Ghee (2tsp) on warm rice

Evening (4:00-4:30PM) Chicken soup (1/3 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Pomegranates (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Mushroom soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1) + Ghee (1tsp) + Warm Rasgolla (2)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 2 Chikus

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Black grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

1. **Common cold**

A common viral infection of the nose and throat.

In contrast to the flu, a common cold can be caused by many different types of viruses. The condition is generally harmless and symptoms usually resolve within two weeks.

Symptoms include a runny nose, sneezing and congestion. High fever or severe symptoms are reasons to see a doctor, especially in children.

**Food diet chart**

##### **Early morning:**

1 cup hot tulsi, mint and ginger drink/ tulsi lemon tea/ kaadha

##### **Breakfast:**

1 bowl vegetable Dalia porridge or besan chilla + 1 orange

##### **Mid-morning:**

1 cup yogurt sprinkled with 1 tbsp pumpkin seeds

##### **Lunch:**

2 phulkas/ 1 bowl rice  +

1 cup capsicum curry / garlic spinach sabzi with +

A bowl of beetroot and carrot salad

##### **Mid-evening:**

1 glass ragi pej / sattu in warm water

##### **Dinner:**

1 bowl vegetable soup/ chicken soup+

A bowl of moong dal khichdi  + Kadhi

##### **Bedtime:**

1 cup warm turmeric milk with 1 tsp honey

1. **Cough**

A **cough**, also known as tussis, is a voluntary or involuntary act that clears the throat and breathing passage of foreign particles, microbes, irritants, fluids, and mucus; it is a rapid expulsion of air from the lungs.

**Sunday**

Breakfast (8:00-8:30AM) 2 carrot chapati + 1 cup low fat curd

Mid-Meal (11:00-11:30AM) 1 cup orange juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + cabbage peas (1 cup) + Daal (1 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup potato chaat

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1 cup)

**Monday**

Breakfast (8:00-8:30AM) 2 spinach chapati + 1 cup low fat curd

Mid-Meal (11:00-11:30AM) 1 cup pomegranate juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + beetroot curry (1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup boiled soybean chaat

Dinner (8:00-8:30PM) 2 Chapati + carrot peas (1 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Vegetable Sandwich (2) + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM) 1 cup mix fruit juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + capsicum paneer (1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup papaya

Dinner (8:00-8:30PM) 2 Chapati +mushroom curry(1 cup)

**Wednesday**

Breakfast (8:00-8:30AM) 1 cup Sauteed Vegetables (carrots, broccoli, spring onions, spinach, brussel sprouts)+ 1 kiwi

Mid-Meal (11:00-11:30AM) 1 cup orange juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + french beans and potato (1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup carrot and beetroot salad

Dinner (8:00-8:30PM) 2 Chapati + mix veg(1 cup)

**Thursday**

Breakfast (8:00-8:30AM) 2 paneer chapati + 1 cup low fat curd

Mid-Meal (11:00-11:30AM) 1 cup pomegranate juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + karela (1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup sweet potato chaat

Dinner (8:00-8:30PM) 2 Chapati + Chicken stew (1 cup)

**Friday**

Breakfast (8:00-8:30AM) paneer and tomato Sandwich (2) + Orange juice (1 cup)

Mid-Meal (11:00-11:30AM) 1 cup mix fruit juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + potato stuffed capsicum (2) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup boiled soybean chaat

Dinner (8:00-8:30PM) 2 Chapati + parmal Curry (1 cup)

**Saturday**

Breakfast (8:00-8:30AM) 2 methi chapati + 1 cup low fat curd

Mid-Meal (11:00-11:30AM) 1 cup orange juice

Lunch (2:00-2:30PM) Parboiled Rice (1 cup)/ 3 Chapatis + bhindi(1/2 cup) + Daal soup (1/2 cup) + 1/4th fresh lemon

Evening (4:00-4:30PM) 1 cup papaya

Dinner (8:00-8:30PM) 2 Chapati + potato Curry (1 cup)

1. **Fever**

A **fever** is a temporary increase in your body temperature, often due to an illness. Having a **fever** is a sign that something out of the ordinary is going on in your body. For an adult, a **fever** may be uncomfortable, but usually isn't a cause for concern unless it reaches 103 F (39.4 C) or higher

Diet chart

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Apple

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Vegetable soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Mashed potato (2) + Ghee (1tsp) + Warm Rasgolla (2)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk (1/2 cup) with added sugar

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Ripe banana

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot n potato curry (1/2 cup) + Warm Rasgolla (2)

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas and carrots

Mid-Meal (11:00-11:30AM) Tender cococnut water (1 cup) + 1 orange

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup) + Boiled egg (1) + Ghee (2tsp) on warm rice

Evening (4:00-4:30PM) Chicken soup (1/3 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Pomegranates (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Mushroom soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1) + Ghee (1tsp) + Warm Rasgolla (2)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 2 Chikus

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Black grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

1. **Diabetes**

**Diabetes** mellitus, commonly known as **diabetes**, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With **diabetes**, your body either doesn't make enough insulin or can't effectively use the insulin it does make

**Diet chart**

**Sunday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/ Tomato Chutney

Mid-Meal (11:00-11:30AM) green gram sprouts 1 cup

Lunch (2:00-2:30PM) 3 Roti+1/2 cup salad + Fish curry ( 100 gm fish)+ 1/2 cup cabbage subji.

Evening (4:00-4:30PM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Dinner (8:00-8:30PM) 2 Roti / chappati.+ Tomato subji 1/2 cup.

**Monday**

Breakfast (8:00-8:30AM) 2 Slice brown bread.+1 slice low fat cheese+1Boiled egg+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.

Evening (4:00-4:30PM) 1 cup light tea+ 2 wheat rusk.

Dinner (8:00-8:30PM) 2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

**Tuesday**

Breakfast (8:00-8:30AM) Chappati 3 + 1/2 cup Potato green peas curry.

Mid-Meal (11:00-11:30AM) 1/2 cup boilled black channa

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd.

Evening (4:00-4:30PM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup+ 1/2 cup green beans subji

**Wednesday**

Breakfast (8:00-8:30AM) Methi Parata 2+ 1 tbs green chutney.

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Lunch (2:00-2:30PM) 1 cup rice+ chicken curry( 150 gm chicken+ 1 cup cucumber salad.

Evening (4:00-4:30PM) 1 Cup light tea+ Brown rice flakes poha 1 cup.

Dinner (8:00-8:30PM) Wheat dosa 3 + 1/2 cup Bitter guard subji.

**Thursday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) plane Yoghurt with raw vegetables / grilled vegetables -1 cup

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup.

Evening (4:00-4:30PM) 1 cup boilled channa+ light tea 1 cup.

Dinner (8:00-8:30PM) 2 Roti/ chapati+ 1/2 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup.

Evening (4:00-4:30PM) 1 cup tea+ + 2 biscuits ( Nutrichoice or Digestiva or Oatmeal.)

Dinner (8:00-8:30PM) 2 Roti / chappathi+Ridge guard subji 1/2 cup.

**Saturday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney.

Mid-Meal (11:00-11:30AM) 1 cup boilled channa

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup+ Ladies finger subji 1/2 cup+ small cup low fat curd.

Evening (4:00-4:30PM) 1 Portion fruit(Avoid high energy fruits. Eg: Banana, Jack fruit,Mango, Chikku.)

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup+ 1/2 cup green beans subji

1. **Hyperglycemia**

**Hyperglycemia** refers to high levels of sugar, or glucose, in the blood. It occurs when the body does not produce or use enough insulin, which is a hormone that absorbs glucose into cells for use as energy. High blood sugar is a leading indicator of diabetes.

* Morning at 6:   teaspoon [fenugreek](https://www.lybrate.com/topic/fenugreek-benefits-and-side-effects) (methi) powder + water.
* Morning at 7: 1 cup sugar free [tea](https://www.lybrate.com/topic/benefits-of-tea-and-its-side-effects) + 1-2 mary biscuits.
* Morning at 8.30: 1 plate upma or oatmeal + half bowl sprouted grains + 100ml cream-free [milk](https://www.lybrate.com/topic/milk-dudh-benefits-and-side-effects) without sugar
* Morning at 10.30: 1 small fruit or 1 cup thin and sugar free buttermilk or [lemon water](https://www.lybrate.com/topic/benefits-of-lemon-water-and-its-side-effects)
* Lunch at 1: 2 roti of mixed flour, 1 bowl [rice](https://www.lybrate.com/topic/benefits-of-rice-and-its-side-effects), 1 bowl pulse, 1 bowl yogurt, half cup [soybean](https://www.lybrate.com/topic/benefits-of-soybean-and-its-side-effects) or cheese vegetable, half bowl green vegetable, one plate salad
* 4 pm: 1 cup tea without sugar + 1-2 less sugar biscuits or toast
* 6 pm: 1 cup soup
* 8.30 pm: 2 roti of mixed flour, 1 bowl rice, 1 bowl pulse, half bowl green vegetable, one plate salad
* 10.30 pm: take 1 cup cream free milk without sugar

1. **Hypoglycemia**

**Hypoglycemia** is a condition in which your blood sugar (glucose) level is lower than normal. Glucose is your body's main energy source. **Hypoglycemia** is often related to diabetes treatment. But other drugs and a variety of conditions — many rare — can cause low blood sugar in people who don't have diabetes.

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup + 1 cup orange juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 3 Roti+ 1/2 cup salad + Fish curry ( 100 gm fish)+ 1 cup Cabbage curry.

Evening (4:00-4:30PM) green gram sprouts 1 cup

Dinner (8:00-8:30PM) 2 Roti / chapati.+ Tomato sabji 1/2 cup.

**Monday**

Breakfast (8:00-8:30AM) Oats Meal with Dry Fruits (1 cup) + 1 cup pomegranate juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.

Evening (4:00-4:30PM) 1 cup carrot and cucumber salad

Dinner (8:00-8:30PM) 2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

**Tuesday**

Breakfast (8:00-8:30AM) 1 Roasted Paneer Chapati + 1 cup orange juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup cucumber salad with curd..

Evening (4:00-4:30PM) 1 cup broad bean salad

Dinner (8:00-8:30PM) Broken wheat upma 1 cup+ 1/2 cup green beans subji

**Wednesday**

Breakfast (8:00-8:30AM) Methi Paratha 2+ 1 cup orange juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 1 cup brown rice+ chicken curry( 200 gm chicken+ 1 cup Raita.

Evening (4:00-4:30PM) 1/2 cup kale and chia seed salad

Dinner (8:00-8:30PM) Wheat dosa 3 + 1/2 cup Bitter guard subji.

**Thursday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup+ 1 cup pomegranate juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup.

Evening (4:00-4:30PM) 1 cup boilled channa

Dinner (8:00-8:30PM) 2 Roti/ chapati+ 1/2 cup mix veg curry

**Friday**

Breakfast (8:00-8:30AM) Vegetable idli (3) + 1 cup orange juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup.

Evening (4:00-4:30PM) 1 cup black bean salad

Dinner (8:00-8:30PM) 2 Roti / chappathi+Ridge guard subji 1/2 cup.

**Saturday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney + 1 cup pomegranate juice

Mid-Meal (11:00-11:30AM) 1 cup fruit salad

Lunch (2:00-2:30PM) 1 cup brown rice+ Soya chunk curry1/2 cup+ Baked Lady's finger 1/2 cup+ Raita (1/3 cup).

Evening (4:00-4:30PM) 1 cup baked vegetable salad

Dinner (8:00-8:30PM) Broken wheat upma 1 cup+ 1/2 cup green beans subji

1. **Food Poisoning**

**Food poisoning**, also called foodborne illness, is illness caused by eating contaminated **food**. Infectious organisms — including bacteria, viruses and parasites — or their toxins are the most common causes of **food poisoning**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Mid-Meal (11:00-11:30AM) Grapes (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Yoghurt (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Carrot Soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender Coconut Water (1 glass)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Beetroot n Peas Soup (1 cup)

Mid-Meal (11:00-11:30AM) Grapes (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Friday**

Breakfast (8:00-8:30AM) Masoor Daal Soup (1 cup)

Mid-Meal (11:00-11:30AM) Papaya (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

**Saturday**

Breakfast (8:00-8:30AM) Veg Soup (1 cup)

Mid-Meal (11:00-11:30AM) Yoghurt (1/2 cup)

Lunch (2:00-2:30PM) Mashed Khichdi (1/2 cup)

Evening (4:00-4:30PM) Custard (1/2 cup)

Dinner (8:00-8:30PM) Boiled Vegetable Puree (1/2 cup)

1. **Diarrhoea**

**Diarrhoea** is when your bowel movements become loose or watery. The definition of **diarrhoea** is passing loose or watery bowel movements 3 or more times in a day (or more frequently than usual). **Diarrhoea** occurs when the lining of the intestine is unable to absorb fluid, or it actively secretes fluid.

**Diet Chart for Diarrhoea Patient**

**Sunday**

Breakfast (8:00-8:30AM) Vegetable soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Apple (Unskinned)

Lunch (2:00-2:30PM) Khichdi (1/2 cup)

Evening (4:00-4:30PM) Boiled Black grams (1/3rd cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Khichdi (1/2 cup)

**Monday**

Breakfast (8:00-8:30AM) Boiled White Chickpeas n Tomato (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Chapati (2) + Fish(1pc.) stew

Evening (4:00-4:30PM) Roasted Rice Flakes (1/2 cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Baked Pumpkin (1/3rd cup)

**Tuesday**

Breakfast (8:00-8:30AM) Carrot soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Pomegranates (1/2 cup)

Lunch (2:00-2:30PM) Boiled rice (1/2 cup) + Cabbage curry (1/3rd cup)

Evening (4:00-4:30PM) Boiled Potato n Black grams (1/2 cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Mashed potato(2) + 1tsp Ghee

**Wednesday**

Breakfast (8:00-8:30AM) Vegetable soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Guava

Lunch (2:00-2:30PM) Carrot Uttappam (1) + Raita (1/3rd cup)

Evening (4:00-4:30PM) Puffed Rice (1/2 cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Khichdi (1/2 cup)

**Thursday**

Breakfast (8:00-8:30AM) Baked Tomato n Brolli wity bell peper soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Ripe Papaya (1/3rd cup)

Lunch (2:00-2:30PM) Chapati (2) + Baked vegetables (1/2 cup) + Raita (1/3rd cup)

Evening (4:00-4:30PM) Boiled Black grams (1/3rd cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Bottle gourd curry (1/3rd cup)

**Friday**

Breakfast (8:00-8:30AM) Broccoli n Bell peper soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Orange

Lunch (2:00-2:30PM) Boiled Rice (1/2 cup) + Lentil soup (1/2 cup)

Evening (4:00-4:30PM) Roasted Rice Flakes (1/2 cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Fish(1pc.) stew (1/3rd cup)

**Saturday**

Breakfast (8:00-8:30AM) Carrot n Beetroot soup (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 2 Chikus

Lunch (2:00-2:30PM) Dosa (1) + Samber (1/2 cup)

Evening (4:00-4:30PM) Boiled Potato n Black grams (1/2 cup) + Black Tea (1 cup)

Dinner (8:00-8:30PM) Boiled Rice (1/2 cup) + Pointed gourd(without seeds n Unskinned) Curryurry

1. **Indigestion**

**Indigestion** — also called dyspepsia or an upset stomach — is a general term that describes discomfort in your upper abdomen. **Indigestion** is not a disease, but rather some symptoms you experience, including abdominal pain and a feeling of fullness soon after you start eating.**Symptoms:**Heartburn

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Methi Parata 2+ 1 tbs green chutney( Avoid mint leaves)

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid Citrus fruits)

Lunch (2:00-2:30PM) 1 cup rice+ chicken curry( 150 gm chicken+ 1 cup cucumber salad. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) Brown rice flakes poha 1 cup.

Dinner (8:00-8:30PM) Wheat dosa 3 + 1/2 cup Bitter guard subji.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

**Monday**

Breakfast (8:00-8:30AM) Vegetable Oats Upma 1 cup+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) plane low fat Yoghurt with raw vegetables / grilled vegetables -1 cup( Avoid onion and tomato)

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) 1 cup boilled channa.

Dinner (8:00-8:30PM) 2 Roti/ chapati+ 1/2 cup mix veg curry.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

**Tuesday**

Breakfast (8:00-8:30AM) Mix veg Poha 1 cup+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid Citrus fruits)

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) 3 biscuits ( Nutrichoice or Digestiva or Oatmeal.)

Dinner (8:00-8:30PM) 2 Roti / chappathi+Ridge guard subji 1/2 cup.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

**Wednesday**

Breakfast (8:00-8:30AM) Utappam 2+ 1 tbs green chutney.( Avoid mint leaves)

Mid-Meal (11:00-11:30AM) 1 cup boilled channa

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup+ Ladies finger subji 1/2 cup+ small cup low fat curd. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) 1 Portion fruit(Avoid Citrus fruits)

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup+ 1/2 cup green beans subji

**Thursday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney.( Avoid mint leaves),( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Mid-Meal (11:00-11:30AM) green gram sprouts 1 cup

Lunch (2:00-2:30PM) 3 Roti+1/2 cup salad + Fish curry ( 100 gm fish)+ 1/2 cup cabbage subji. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) 1 Portion fruit(Avoid Citrus fruits)

Dinner (8:00-8:30PM) 2 Roti / chappati.+Potato subji 1/2 cup.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

**Friday**

Breakfast (8:00-8:30AM) 2 Slice brown bread.+1 slice low fat cheese+1Boiled egg+ 1/2 cup low fat milk.

Mid-Meal (11:00-11:30AM) 1 Portion fruit(Avoid Citrus fruits)

Lunch (2:00-2:30PM) Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd. ( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Evening (4:00-4:30PM) 3 wheat rusk.

Dinner (8:00-8:30PM) 2 roti/ Chapathi+ Ladies finger subji 1/2 cup.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

**Saturday**

Breakfast (8:00-8:30AM) Chappati 3 + 1/2 cup Potato green peas curry.( Avoid onoin and tomato for the preparation of masala and avoid more spices)

Mid-Meal (11:00-11:30AM) 1/2 cup boilled black channa

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd.

Evening (4:00-4:30PM) 1 Portion fruit(Avoid Citrus fruits)

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup+ 1/2 cup green beans subji

1. **Kidney stones**

A small, hard deposit that forms in the kidneys and is often painful when passed.

Kidney stones are hard deposits of minerals and acid salts that stick together in concentrated urine. They can be painful when passing through the urinary tract, but usually don't cause permanent damage.

The most common symptom is severe pain, usually in the side of the abdomen, that's often associated with nausea.

**Diet Chart For Kidney Stone Problem**

**Sunday**

Breakfast (8:00-8:30AM) 2 paratha(aloo/gobhi/methi) with 2 tsp green chutney+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 1 medium size pea

Lunch (2:00-2:30PM) 1 cup rice+2 roti+brinjal sabji+1/2 cup rasam+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 bajra roti+lauki methi curry+1/2 cup cucumber salad

**Monday**

Breakfast (8:00-8:30AM) 3 uthappam+2tsp methi chutney+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 100gm musk melon

Lunch (2:00-2:30PM) 4 jowar roti+ 1/2 cup bitter gourd sabji+1/2 cup french beans curry+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 roti+1/2 cup colocasia(arbi) curry+1/2 cup cucumber salad

**Tuesday**

Breakfast (8:00-8:30AM) 1 cup bajra upma with vegetables+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 100gm pomegranate

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam+1/2 cup capsicum sabji

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 jowar roti+1/2 cup raw banana curry+1/2 cup cucumber salad

**Wednesday**

Breakfast (8:00-8:30AM) Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,spinach/lettuce+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 100 gm of pineapple

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 roti+1/2 cup tinda curry+ 1/2 cup cucumber salad

**Thursday**

Breakfast (8:00-8:30AM) 3 rice dosa+1/2 cup sambhar(less dal)+1tsp methi chutney+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 1 banana

Lunch (2:00-2:30PM) 4 bajra roti+1/2 cup methi sabji +1/2 cup mooli curry+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 bajra roti+ 1/2 cup ridge gourd(thori) curry+1/2 cup cucumber salad

**Friday**

Breakfast (8:00-8:30AM) 4 rice Idly+ 1/2 cup sambhar(less dal)+1 tsp coconut chutney+1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 1 medium size orange

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup rasam+1/2 cup cabbage sabji+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 roti+1/2 cup bhindi curry+1/2 cup cucumber salad

**Saturday**

Breakfast (8:00-8:30AM) 1/2 cup cornflakes in 1 glass milk(toned)

Mid-Meal (11:00-11:30AM) 1 medium size guava

Lunch (2:00-2:30PM) 1 cup rice+2 roti+1/2 cup snake gourd sabji+1/2 cup rasam+1 glass buttermilk

Evening (4:00-4:30PM) 1 cup green tea+2-3 biscuits

Dinner (8:00-8:30PM) 3 jowar roti+1/2 cup cauliflower curry + 1 cup cucumber salad

1. **Stomach ulcer**

A sore that develops on the lining of the oesophagus, stomach or small intestine.

Ulcers occur when stomach acid damages the lining of the digestive tract. Common causes include the bacteria H. Pylori and anti-inflammatory pain relievers including aspirin.

Upper abdominal pain is a common symptom.

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Brown bread Egg sandwich (1) + 1 apple

Mid-Meal (11:00-11:30AM) Coconut water (1 glass) + 2 biscuits

Lunch (2:00-2:30PM) Roti (2) + Soy bean Curry (1 cup) + 1/2 cup curd

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Bottle Gourd Curry (1 cup)

**Monday**

Breakfast (8:00-8:30AM) Brown bread Potato sandwich (1) + 1 cup low fat curd

Mid-Meal (11:00-11:30AM) 1 cup chhach

Lunch (2:00-2:30PM) rice (1 cup) + Fish/ chicken Curry (1 cup) + cucumber salad

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Pointed Gourd Curry (1 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Brown bread vegetable sandwich (1) + 1 pear

Mid-Meal (11:00-11:30AM) 1 cup chana sattu

Lunch (2:00-2:30PM) Roti (2) + Mushroom n Green pea Curry (1 cup) + 1/2 cup curd

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Beetroot Curry (1 cup)

**Wednesday**

Breakfast (8:00-8:30AM) vegetable Poha (1 cup) + Pomegranate juice (1 glass)

Mid-Meal (11:00-11:30AM) 1 cup chhach

Lunch (2:00-2:30PM) Roti (2) + Chana Dal (1 cup) + 1 cup karela vegetable + green chutney

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Potato n Beans Curry (1 cup)

**Thursday**

Breakfast (8:00-8:30AM) Scrambled Egg (2) +brown bread Toasted (1) + 1 apple

Mid-Meal (11:00-11:30AM) Coconut water (1 glass) + 2 biscuits

Lunch (2:00-2:30PM) Rice (1 cup) + kidney beans Curry (1 cup) + green chutney

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + lotus stem (1 cup) + green chutney

**Friday**

Breakfast (8:00-8:30AM) Mashed Potato n Carrot Sandwich (1) + 1 cup curd

Mid-Meal (11:00-11:30AM) 1 cup chhach

Lunch (2:00-2:30PM) Roti (2) + Moong Dal (1 cup) + 1 cup lady finger + green chutney

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Potato n Drumstick Curry (1 cup)

**Saturday**

Breakfast (8:00-8:30AM) Besan Cheela with paneer stuffing (2) + Pomegranate Juice (1 glass)

Mid-Meal (11:00-11:30AM) 1 cup chana sattu

Lunch (2:00-2:30PM) Roti (2) + Chicken Curry (1 cup) + onion salad

Evening (4:00-4:30PM) Tea (1 cup) + 1 Roasted Papad/ murmure/ bhuna chana/ roasted namkeen

Dinner (8:00-8:30PM) Roti (2) + Broad Beans Curry (1 cup)

1. **Anaemia**

Anemia (also spelled **anaemia**) is a decrease in the total amount of red blood cells (RBCs) or hemoglobin in the blood, or a lowered ability of the blood to carry oxygen. When anemia comes on slowly, the symptoms are often vague and may include feeling tired, weakness, shortness of breath, and a poor ability to exercise.

**Diet Plans for Iron Deficiency Anemia Patients**

**Sunday**

Breakfast (8:00-8:30AM) Brown bread (3 slices) + Milk n Banana shake (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + Grapes (1 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Masoor Daal (1/2 cup) + Fried Joseph's coat leaves (1/4th cup) + 1/4th fresh lime + Fish/ Egg/ Veg. Curry (1/2 cup)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Monday**

Breakfast (8:00-8:30AM) Egg Poach n Toast (3 slices) + Milk (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + 1 Guava

Lunch (2:00-2:30PM) 2 Chapati + Mixed Daal (1/2 cup) + 1/4th Fresh lime + Potato n Drumstick curry (1/2 cup) + Fried Fish (1pc)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Tuesday**

Breakfast (8:00-8:30AM) Vegetable soup (carrot, garlic, spring onions, broccoli, corns) 1 cup + Toast (2 slices) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + Pomegranate (1/2 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Rajma (1/2 cup) + Fried Joseph's coat leaves (1/4th cup) + 1/4th fresh lime + Fish/ Egg/ Veg. Curry (1/2 cup)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Wednesday**

Breakfast (8:00-8:30AM) Spinach Uthappam (2) + Milk (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + Grapes (1 cup)

Lunch (2:00-2:30PM) 2 Chapati + Bengal gram Daal (1/2 cup) + 1/4th Fresh lime + Fried Joseph's coat leaves (1/4th cup) + Paneer/ Soy bean Curry (1/2 cup)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Thursday**

Breakfast (8:00-8:30AM) Brown bread (3 slices) + Milk n Banana shake (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + Pomegranate (1/2 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Rajma (1/2 cup) + Fried Joseph's coat leaves (1/4th cup) + 1/4th fresh lime + Fish/ Egg/ Veg. Curry (1/2 cup)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Friday**

Breakfast (8:00-8:30AM) Egg Poach n Toast (3 slices) + Milk (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + 1 Guava

Lunch (2:00-2:30PM) 2 Chapati + Mixed Daal (1/2 cup) + 1/4th Fresh lime + Potato n Drumstick curry (1/2 cup) + Fried Fish (1pc)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

**Saturday**

Breakfast (8:00-8:30AM) Spinach Uthappam (2) + Milk (1 cup) + 4 Almonds + 3 Cashew nuts

Mid-Meal (11:00-11:30AM) 1 Orange + Pomegranate (1/2 cup)

Lunch (2:00-2:30PM) Parboiled Rice (1 cup) + Daal (1/2 cup) + Fried Joseph's coat leaves (1/4th cup) + 1/4th fresh lime + Fish/ Egg/ Veg. Curry (1/2 cup)

Evening (4:00-4:30PM) 1 cup Green tea + Roasted Rice flakes n grated coconut (1/3 cup)

Dinner (8:00-8:30PM) 2-3 Chapati + Veg./ Fish Curry (1/2 cup) + Fried Beetroot (1/3 cup)

1. **Gum disease**

Periodontitis (per-e-o-don-TIE-tis), also called **gum disease**, is a serious **gum** infection that damages the soft tissue and, without treatment, can destroy the bone that supports your teeth. Periodontitis can cause teeth to loosen or lead to tooth loss. Periodontitis is common but largely preventable

## The 12 Best Foods to Eat if You Have Gum Disease

**Nuts and seeds high in omega 3s**

**Salmon or other fatty fish**

**Grass-fed beef**

**Chicken**

**Bone broth**

**Shiitake mushrooms**

**Broccoli**

**Red and green bell peppers**

**Sweet potatoes**

**Green tea**

**Cacao**

**Probiotic containing foods**

1. **Headaches**

A painful sensation in any part of the head, ranging from sharp to dull, that may occur with other symptoms.

**COMMON CAUSES**

Headaches can have causes that aren't due to underlying disease. Examples include lack of sleep, an incorrect eyeglass prescription, stress, loud noise exposure or tight head wear.

**Diet chart**

eggs

tomatoes

onions

dairy products

wheat, including pasta and bread products

citrus fruits

nitrites found in foods

alcohol, especially red wine

caffeine

food additives, such as MSG

aspartame

chocolate

aged cheeses

nuts

1. **Hairloss**

**Hair loss**, also known as alopecia or baldness, refers to a loss of hair from part of the head or body. Typically at least the head is involved. The severity of **hair loss** can vary from a small area to the entire body.

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) 2 capsicum omelete + 1 multigrain bread toasted + 1 cup milk

Mid-Meal (11:00-11:30AM) 1 cup coconut water

Lunch (2:00-2:30PM) 50gms salmon fish curry + 1 cup beans vegetable + 2 multigran chapatti + beetroot salad

Evening (4:00-4:30PM) 1 orange

Dinner (8:00-8:30PM) 1 cup potato and drumstick curry + 2 chapatti + salad

**Monday**

Breakfast (8:00-8:30AM) 2 beetroot parantha + 1/2 cup curd

Mid-Meal (11:00-11:30AM) 1 cup pomegranate

Lunch (2:00-2:30PM) 1 cup potato carrot vegetable + 2 chapatti + 1 cup curd + salad

Evening (4:00-4:30PM) 1 avocado

Dinner (8:00-8:30PM) 1 cup palak paneer + 2 chapatti + salad

**Tuesday**

Breakfast (8:00-8:30AM) 1 cup vegetable rice flakes + 1 orange

Mid-Meal (11:00-11:30AM) 1 cup guava

Lunch (2:00-2:30PM) 1 cup lotus stem + 2 chapatti + 1/2 cup curd + salad

Evening (4:00-4:30PM) 1 cup fish pakora + green chutney

Dinner (8:00-8:30PM) 1 cup arhar dal + carrot salad + 2 chapatti

**Wednesday**

Breakfast (8:00-8:30AM) 2 onion capsicum omelette + 1 cup low fat milk

Mid-Meal (11:00-11:30AM) 1 cup watermelon

Lunch (2:00-2:30PM) 1 cup pumpkin vegetable + 2 chapatti + 1 cup collard beans salad

Evening (4:00-4:30PM) 1 cup sprouts salad

Dinner (8:00-8:30PM) 1 cup palak paneer + 2 chapatti + tomato salad

**Thursday**

Breakfast (8:00-8:30AM) 2 multigrain toasted bread + 1 spinach omelete + 1 gooseberry

Mid-Meal (11:00-11:30AM) 1 cup aloe juice

Lunch (2:00-2:30PM) 1 cup fish curry + 1 cup brown rice + beetroot salad

Evening (4:00-4:30PM) 1 cup lemon water

Dinner (8:00-8:30PM) 1 cup potato and capsicum + 2 chapatti + cucumber salad

**Friday**

Breakfast (8:00-8:30AM) 2 broccoli and egg omelette + 1 toasted wheat bread ith peanut butter

Mid-Meal (11:00-11:30AM) 1 cup green tea + 1 tsp honey + 5-6 almonds

Lunch (2:00-2:30PM) 1 cup baked kale with mushroom and tomato + 1 cup brown rice

Evening (4:00-4:30PM) 1 cup brussel sprout salad

Dinner (8:00-8:30PM) 1 cup cabbage peas + 2 chapatti + cucumber salad

**Saturday**

Breakfast (8:00-8:30AM) 1 cup quinoa salad + 1 cup orange juice

Mid-Meal (11:00-11:30AM) 2 apricots

Lunch (2:00-2:30PM) 1 cup sweet potato curry + 1 cup brown rice + carrot salad

Evening (4:00-4:30PM) 1 cup musk melon

Dinner (8:00-8:30PM) 1 cup fenugreek with pea vegetable + 2 chapatti + onion salad

1. **Malaria**

A disease caused by a plasmodium parasite, transmitted by the bite of infected mosquitoes.The severity of malaria varies based on the species of plasmodium.

Symptoms are chills, fever and sweating, usually occurring a few weeks after being bitten.

People travelling to areas where malaria is common typically take protective drugs before, during and after their trip. Treatment includes antimalarial drugs.

**Diet Chart For Malaria Patient**

**Sunday**

Breakfast (8:00-8:30AM) Milk n Cornflakes (1 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Apple

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Vegetable soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Mashed potato (2) + Ghee (1tsp) + Warm Rasgolla (2)

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk (1/2 cup) with added sugar

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 1 Ripe banana

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot n potato curry (1/2 cup) + Warm Rasgolla (2)

**Tuesday**

Breakfast (8:00-8:30AM) Chapati (2) + Masoor daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Wednesday**

Breakfast (8:00-8:30AM) Rice flake Pulav (1 cup) with peas and carrots

Mid-Meal (11:00-11:30AM) Tender cococnut water (1 cup) + 1 orange

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup) + Boiled egg (1) + Ghee (2tsp) on warm rice

Evening (4:00-4:30PM) Chicken soup (1/3 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal soup (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Pomegranates (1/2 cup)

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Chicken(2pcs.) stew (1/2 cup)

Evening (4:00-4:30PM) Mushroom soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1) + Ghee (1tsp) + Warm Rasgolla (2)

**Friday**

Breakfast (8:00-8:30AM) Custard (1/2 cup) + Toast (2 slices)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + 2 Chikus

Lunch (2:00-2:30PM) Parboiled rice (1/2 cup) + Fish(1pc.) stew (1/2 cup)

Evening (4:00-4:30PM) Carrot soup (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup) + Milk (1/4 cup) + Jaggery (3 tsp)

**Saturday**

Breakfast (8:00-8:30AM) Chapati (2) + Bengal gram daal (1/2 cup)

Mid-Meal (11:00-11:30AM) Tender coconut water (1 cup) + Black grapes (1/2 cup)

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup) + 1/4th fresh lime on it.

Evening (4:00-4:30PM) Spinach soup (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Fish(1pc) stew (1/3 cup) + Warm Rasgolla (2)