**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**

**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. **Asthma**

**Diet Chart For Asthma**

**Sunday**

Breakfast (8:00-8:30AM)- Boiled Veg. Salad

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

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

**Monday**

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

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

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

**Tuesday**

Breakfast (8:00-8:30AM) Veg. Sandwich (2)

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

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

**Wednesday**

Breakfast (8:00-8:30AM) Boiled Veg. Salad

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

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

**Thursday**

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

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

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)

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

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

**Saturday**

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

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

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

1. **Chest pain**

**Diet Plan For Cardiac Patients**

**Sunday**

Breakfast (8:00-8:30AM) Ragi dosa-3+2 tsp methi chutney

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

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

**Monday**

Breakfast (8:00-8:30AM) Dalia upma-1.5 cup with vegetables

Lunch (2:00-2:30PM) 4 roti+100gm fish

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

**Tuesday**

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

Lunch (2:00-2:30PM) 1 cup brown rice+2 jowar roti+1/2 cup tomato dal

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

**Wednesday**

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

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

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

**Thursday**

Breakfast (8:00-8:30AM) Soya and wheat dosa-3+2 tsp pudina chutney

Lunch (2:00-2:30PM) 1 cup brown rice+2 bajra roti+1/2 cup methi dal

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

**Friday**

Breakfast (8:00-8:30AM) Roasted oats upma-1.5 cup with vegetables

Lunch (2:00-2:30PM) 1 cup white rice+2 roti+100gm fish

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

1. Cornoa virus
2. **Tubercolosis**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) cottage Cheese sandwich(2 slice bread)

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

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

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

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

**Tuesday**

Breakfast (8:00-8:30AM) Soy flour Uthappam 2

Lunch (2:00-2:30PM) 1 cup rice + Kidney beans curry 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

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

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

**Thursday**

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

Lunch (2:00-2:30PM) 1/2 cup rice + 1-2 chappati +

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

Lunch (2:00-2:30PM) 1 cup rice

Dinner (8:00-8:30PM) 2 chapati

**Saturday**

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

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

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

1. **Pneumonia**

**Diet Chart**

**Sunday**

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

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

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

**Monday**

Breakfast (8:00-8:30AM) Chapati (1.5) soaked in Milk

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

Dinner (8:00-8:30PM) Boiled rice (1/3 cup) + Carrot

**Tuesday**

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

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Wednesday**

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

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup)

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

**Thursday**

Breakfast (8:00-8:30AM) Chapati (2) + Moong daal

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

Dinner (8:00-8:30PM) Boiled rice (1/4 cup) + Boiled Eggs (1)

**Friday**

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

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

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Saturday**

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

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

1. **Common cold**

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**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**

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**Sunday**

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

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

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

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

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

**Tuesday**

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

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

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

**Wednesday**

Breakfast (8:00-8:30AM) 1 cup Sauteed Vegetables

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

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

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

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)

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

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

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

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

1. **Fever**

**Diet chart**

**Sunday**

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

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

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Monday**

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

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

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Tuesday**

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

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Wednesday**

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

Lunch (2:00-2:30PM) Mashed potato(2) n Boiled rice (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

**Thursday**

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

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

Dinner (8:00-8:30PM) Boiled rice (1/4 cup)

**Friday**

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

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

Dinner (8:00-8:30PM) Mashed boiled rice (1/3 cup)

**Saturday**

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

Lunch (2:00-2:30PM) Yellow matar daal curry (1/2 cup)

Dinner (8:00-8:30PM) Boiled rice (1/3 cup)

1. **Diabetes**

**Diet chart**

**Sunday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1/2 cup

Lunch (2:00-2:30PM) 3 Roti+1/2 cup salad + Fish curry

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

Lunch (2:00-2:30PM) Veg pulav rice 1 cup

Dinner (8:00-8:30PM) 2 roti/ Chapathi

**Tuesday**

Breakfast (8:00-8:30AM) Chappati 3

Lunch (2:00-2:30PM) 1 cup rice+ 1/2 cup Dhal

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

**Wednesday**

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

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

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

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

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

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

Dinner (8:00-8:30PM) 2 Roti / chappathi

**Saturday**

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

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

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**

**Diet Chart**

**Sunday**

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

Lunch (2:00-2:30PM) 3 Roti+ 1/2 cup salad + Fish curry

Dinner (8:00-8:30PM) 2 Roti / chapati

**Monday**

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

Lunch (2:00-2:30PM) Veg pulav rice 1 cup

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

**Tuesday**

Breakfast (8:00-8:30AM) 1 Roasted Paneer Chapati

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

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

**Wednesday**

Breakfast (8:00-8:30AM) Methi Paratha 2

Lunch (2:00-2:30PM) 1 cup brown rice+ chicken

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

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

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

**Friday**

Breakfast (8:00-8:30AM) Vegetable idli (3)

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

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

Lunch (2:00-2:30PM) 1 cup brown rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Broken wheat upma 1 cup

1. **Food Poisoning**

**Diet Chart**

**Sunday**

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

Lunch (2:00-2:30PM) Mashed Khichdi (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)

Lunch (2:00-2:30PM) Mashed Khichdi (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)

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

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

**Wednesday**

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

Lunch (2:00-2:30PM) Mashed Khichdi (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)

Lunch (2:00-2:30PM) Mashed Khichdi (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)

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

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

**Saturday**

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

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

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

1. **Diarrhoea**

**Diet Chart**

**Sunday**

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

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

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

**Monday**

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

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

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)

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

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

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

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

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

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

1. **Indigestion**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) Methi Parata 2

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

Dinner (8:00-8:30PM) Wheat dosa 3

**Monday**

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

Lunch (2:00-2:30PM) 1/2 cup rice + 2 medium chappati

Dinner (8:00-8:30PM) 2 Roti/ chapati

**Tuesday**

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

Lunch (2:00-2:30PM) 3 Chappati+ 1/2 cup cluster beans subji

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

**Wednesday**

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

Lunch (2:00-2:30PM) 1 cup rice+ Soya chunk curry1/2 cup

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

**Thursday**

Breakfast (8:00-8:30AM) 4 Idli + Sambar 1 table spoon Green chutney

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

Dinner (8:00-8:30PM) 2 Roti / chappati

**Friday**

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

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

Dinner (8:00-8:30PM) 2 roti/ Chapathi

**Saturday**

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

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

Dinner (8:00-8:30PM) Brocken wheat upma 1 cup

1. **Kidney stones**

**Diet Chart**

**Sunday**

Breakfast (8:00-8:30AM) 2 paratha(aloo/gobhi/methi)

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

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

Lunch (2:00-2:30PM) 4 jowar roti+ 1/2 cup bitter gourd sabji

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

**Tuesday**

Breakfast (8:00-8:30AM) 1 cup bajra upma with vegetables

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

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

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

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)

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

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

**Friday**

Breakfast (8:00-8:30AM) 4 rice Idly+ 1/2 cup sambhar(less dal)

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

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)

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

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

1. **Stomach ulcer**

**Diet Chart**

**Sunday**

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

Lunch (2:00-2:30PM) Roti (2) + Soy bean Curry

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

**Monday**

Breakfast (8:00-8:30AM) Brown bread Potato sandwich

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

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

**Tuesday**

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

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

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

**Wednesday**

Breakfast (8:00-8:30AM) vegetable Poha

Lunch (2:00-2:30PM) Roti (2) + Chana Dal

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

**Thursday**

Breakfast (8:00-8:30AM) Scrambled Egg (2)

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

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)

Lunch (2:00-2:30PM) Roti (2) + Moong Dal

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

**Saturday**

Breakfast (8:00-8:30AM) Besan Cheela with paneer

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

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