

Vitamin A

DEFICIENCY

1. Dry skin
2. Night blindness
3. Dry eyes
4. Delayed growth
5. Acne and breakouts

RECOMMENDED SUPPLEMENTS

1. HealthyHey nutritional natural vitamin A- 2400mcg
2. Profoods vitamin A palmitate- 250 cws powder
3. Vitawin vitamin A capsules- 500mg

SMOOTHIES

1. Red capsicum, tomato and apple juice
2. Spinach and mint juice
3. Papaya mango smoothie
4. Tomato and carrot juice
5. Carrot tomato and egg smoothie

LUNCH/ DINNER

1. Healthy broccoli rice
2. Paneer veggie wrap
3. Methi oats roti
4. Orange tabbouleh

SNACKS

1. Tomato omelette
2. Sweet potato tikkis
3. Grilled broccoli
4. Malai paneer bell pepper balls

SALADS

1. Kale masoor veg antioxidant salad
2. Spinach raita
3. Avocado, broccoli and bell pepper salad
4. Carrot, tomato and spinach salad

