

Day 1:

Breakfast:

- Masala Oats (½ cup oats cooked with vegetables like carrots, peas, and tomatoes)
- 1 medium banana (high in potassium)

Mid-Morning Snack:

- 1 glass coconut water

Lunch:

- 1 cup spinach dal (dal palak)
- 1 small bowl brown rice (rich in potassium)
- 1 small bowl cucumber raita

Evening Snack:

- Roasted chana (30g)

Dinner:

- 1 cup bhindi masala (okra stir-fried)
 - 1 chapati
 - 1 bowl mixed veg salad (tomato, cucumber, bell peppers)
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Day 2:

Breakfast:

- Poha with peanuts and green peas (½ cup)
- 1 medium orange

Mid-Morning Snack:

- 1 glass buttermilk

Lunch:

- 1 cup rajma (kidney bean curry)
- 1 small bowl quinoa or brown rice
- 1 small bowl cucumber raita

Evening Snack:

- 1 medium apple

Dinner:

- 1 cup tinda masala (Indian round gourd)
 - 1 chapati
 - 1 small bowl spinach salad
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Day 3:**Breakfast:**

- Besan chilla (2 medium chillas with spinach)
- 1 small bowl curd

Mid-Morning Snack:

- 1 medium banana

Lunch:

- 1 cup chana dal with methi (fenugreek) leaves
- 1 small bowl brown rice
- 1 bowl mixed veg salad (cucumber, tomato, and radish)

Evening Snack:

- 1 handful almonds

Dinner:

- 1 cup baingan bharta (roasted eggplant)
 - 1 chapati
 - 1 small bowl carrot salad
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Day 4:**Breakfast:**

- 1 cup vegetable upma
- 1 small bowl fruit salad (banana, orange, and pomegranate)

Mid-Morning Snack:

- 1 glass lemon water

Lunch:

- 1 cup moong dal khichdi
- 1 bowl spinach salad

Evening Snack:

- 1 cup boiled chickpeas with lemon and spices

Dinner:

- 1 cup aloo matar (potato and pea curry)
 - 1 chapati
 - 1 small bowl curd
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Day 5:**Breakfast:**

- 1 medium-sized sweet potato boiled with a sprinkle of chaat masala
- 1 medium orange

Mid-Morning Snack:

- 1 glass coconut water

Lunch:

- 1 cup spinach and paneer curry
- 1 small bowl brown rice
- 1 small bowl curd

Evening Snack:

- 1 handful walnuts

Dinner:

- 1 cup lauki (bottle gourd) sabzi
 - 1 chapati
 - 1 bowl mixed veg salad
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Day 6:**Breakfast:**

- 1 bowl daliya (broken wheat porridge) with vegetables
- 1 medium banana

Mid-Morning Snack:

- 1 glass buttermilk

Lunch:

- 1 cup masoor dal (red lentil curry)
- 1 small bowl quinoa
- 1 small bowl cucumber raita

Evening Snack:

- 1 handful roasted makhana

Dinner:

- 1 cup aloo gobi (potato and cauliflower curry)
 - 1 chapati
 - 1 small bowl curd
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Day 7:**Breakfast:**

- 2 medium idlis with sambar (high in lentils)
- 1 small bowl fresh fruit salad

Mid-Morning Snack:

- 1 medium banana

Lunch:

- 1 cup chana masala (chickpea curry)
- 1 small bowl