Kerala Healthy Diet Plan

Monday | Breakfast at 9.00 am | 2 dosa 1 cup kadala curry

Monday | Lunch at 01.30. pm | Chicken curry 150 g with 100 g rice, 100 g veg salads

Monday | Dinner at 7.00 pm | Chicken 100gm with millet 50 gm , 50g nuts or 1 fruit

Tuesday | Breakfast at 9.00 am |3 Idli with 1 cup sambar

Tuesday | Lunch at 01.30. pm | 100gm Rice with 100g fish,100g veg salads

Tuesday | Dinner at 7.00 pm | 100g fish with 50g Oats (or 100g fruit)

Wednesday |Breakfast at 9.00 am| 2 Dosa with 1 cup veg stew, 1 egg boiled

Wednesday | Lunch at 01.30. pm | 100 g rice plus 100g veggies salads plus 100g fish or 100g sprouted pulses

Wednesday | Dinner at 7.00 pm |50g rice or 1 chapathi , 50g nuts or 50 g sprouted pulses

Thursday |Breakfast at 9.00 am | 2 medium-sized chapattis with 100g vegetables
1 boiled egg

Thursday |Lunch at 01.30. pm | 100g Rice with 100g fish curry or 100g sprouts,100g veggies salads

Thursday | Dinner at 7.00 pm | 50g fish, 50g nuts with 50g Oats (or 100g fruits)

Friday |Breakfast at 9.00 am| 2 Dosa with 1 cup cherupayar

Friday |Lunch at 01.30. pm | 100g Rice with 100g fish, 100g veg salads |

Friday | Dinner at 7.00 pm | 50g nuts, 1 fruit (100g)

Saturday | Breakfast at 9.00 am | 1 cup upma 1 cup boiled vegetables **1 egg**

Saturday | Lunch at 01.30. pm | 100 g rice plus 100g veggies salads plus 100g fish or 100g sprouts

S**aturday** | Dinner at 7.00 pm| 50 g Oats plus 100g fruits plus 50g fish

Sunday |Breakfast at 9.00 am | 1 piece (50 g) puttu 100g kadala or 100g cherupayar

Sunday| Lunch at 01.30. pm | 100 g Rice with 100 g fish and 100g veg salads 1 boiled egg

Sunday | Dinner at 7.00 pm |50g millets or 1 chapathi with 50g fish