

POST COVID

DIET PLAN FOR PEOPLE WITH CHRONIC CONDITIONS

PRE BREAKFAST

Any One Beverage



Green Tea/ Coffee Without Sugar/ Tea
Karela/Jamun /Amla Juice/
Soaked Methi Seeds (1 Cup)

+



Soaked Almonds (5-6 Nuts)

BREAKFAST

8.30 am - 9.00 am



Oats With Skimmed Milk
(Adding Berries And Nuts Is Optional)
(1 Bowl)

OR



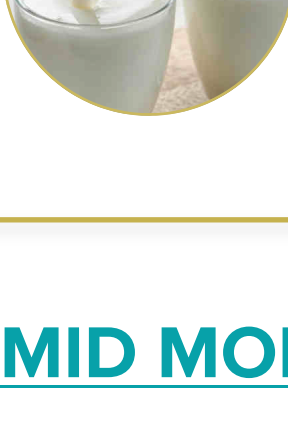
Vegetable Besan Cheela/ Vegetable
Moong Dal Cheela (2)

OR



Multigrain Dosa With Sambhar (2)
Veg Quinoa (1 Bowl)

OR



Boiled Chana And Moong Chat With
Vegetables (1 Bowl)

OR



Two Egg White Omllettes

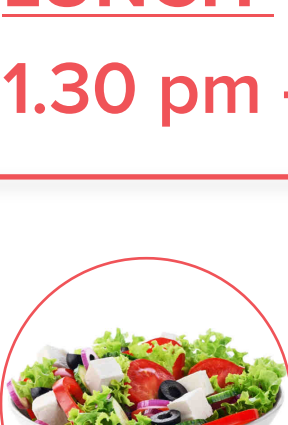
+



Buttermilk (200 ml)

MID MORNING SNACK

11.30 am



Fruits
(Apple/ Guava/ Pear/ Strawberries/
Berries/Papaya/ Pear/ Watermelon (100
Gms) Avoid Fruit Juice

OR



Nuts And Seeds (5-6 Nuts)

LUNCH

1.30 pm - 2.30 pm



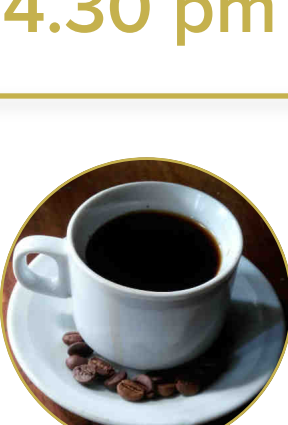
Salad (1 Plate)

+



Green Vegetable/ Dal/ Homemade
Chicken Curry (1 Bowl)

+



Low Fat Curd/ Cucumber Raita
(50-100 Gms)

+



Multigrain Chapatti (1-2)

OR



Brown Rice/ Veg Pulao (1 Bowl)

EVENING SNACK

4.30 pm - 5.30 pm



Tea Without Sugar/ Buttermilk (1 Cup)

+



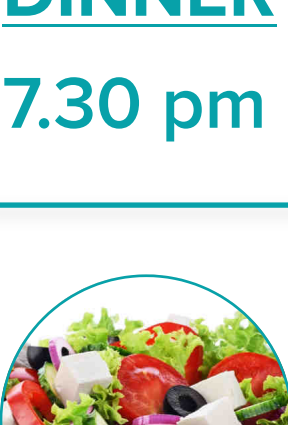
Roasted Makhana (Handful)

OR



Roasted Chana (Handful)

OR



Roasted/Grilled /Toasted Paneer Cubes
(50 Gms)

OR



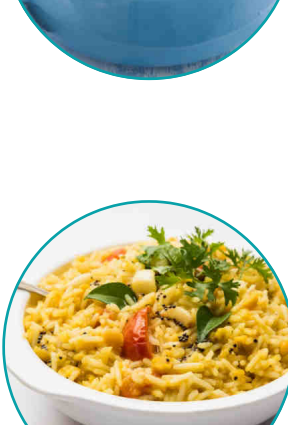
Fruits (100 Gms)

OR



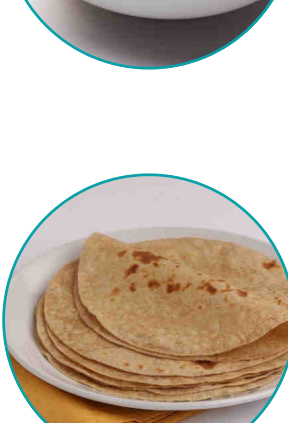
Chicken Soup (1 Bowl)

OR



Multigrain Biscuits (2)

OR



Yogurt With Berries (1 Bowl)

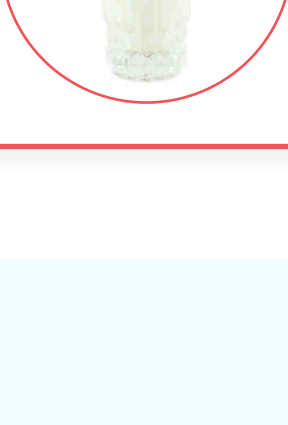
DINNER

7.30 pm - 8.30 pm



Salad (1 Plate)

+



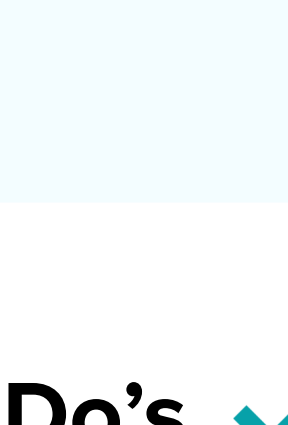
Green Veg/ Homemade Paneer Curry/
Homemade Chicken Gravy/ Fish
(1 Bowl)

+



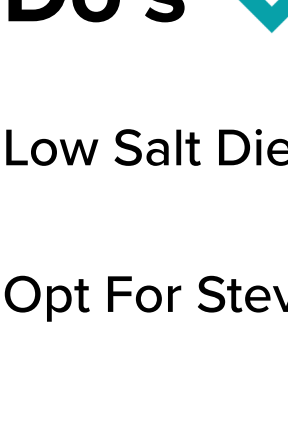
Low Fat Curd (50-100 Gms)

+



Moong Dal Khichdi/
Vegetable Oats Khichdi (1 Bowl)

OR

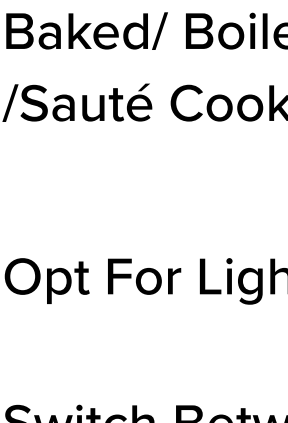


Multigrain Chapatti/ Jowar/
Bajra Chappati (1-2)

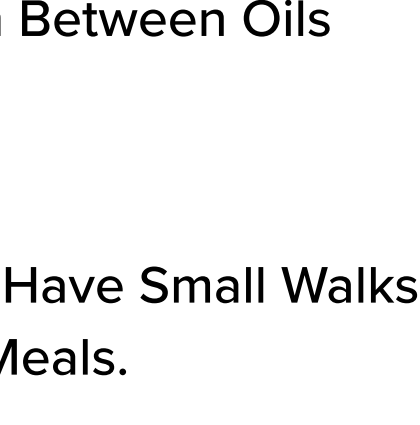
POST DINNER SNACK

10.30 pm - 11.00 pm

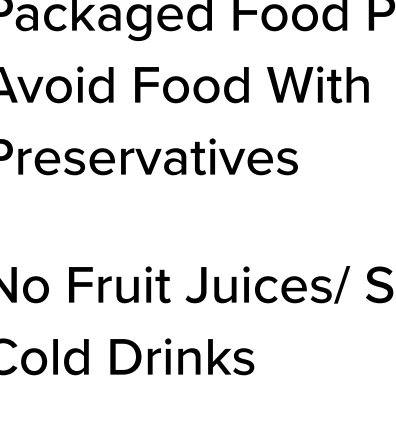
(if you are hungry)



Skimmed/ Toned Milk (1 Glass)



Cup (150 ml)



Bowl (200 ml)

Do's ✓

Low Salt Diet

Opt For Stevia

Try To Focus On Home
Cooked Meals And
Fresh Meals

Baked/ Boiled/ Steamed
/Sauté Cooking Methods

Opt For Light Gravy

Switch Between Oils

Try To Have Small Walks
After Meals.

8-10 Glasses Of Water
Everyday

Dont's ✗

Avoid Pickles/Papad

Avoid Other Sweeteners

Instead Of Adding Top Salt.
Use Herbs To Enhance
Flavour

Avoid Fried Cooking
Method

Avoid Rich Gravies

Packaged Food Products/
Avoid Food With
Preservatives

No Fruit Juices/ Soda/
Cold Drinks