



Indian Anti-Inflammatory Meal Plan



| | BREAKFAST | LUNCH | SNACK | DINNER |
|-----------|---|---|---|--|
| MONDAY | Dosa/ besan cheela with peanut chutney | Methi dal and radish (mooli) stir fry with steamed rice Non-veg replacement for stir fry: pan fried mackerel | <u>Shahtoot (mulberry) / Amla juice</u> | <u>Tomato curry with missi roti / akki roti</u> |
| TUESDAY | <u>Green peas parathas with curd</u> | <u>Cauliflower curry with brown rice</u> Non-veg addition: <u>Egg burji</u> | <u>Muskmelon / Grapes</u> | <u>Amarnath garlic stir fry with pumpkin curry.</u> |
| WEDNESDAY | <u>Vegetable Sooji upma or dalia</u> | <u>Tomato rice with spinach garlic stir fry.</u> Non-veg replacement for spinach: <u>Mahi mahi with mustard</u> | <u>Guavas/ Papayas</u> | <u>Turnip (shalgam) masala with multigrain roti</u> |
| THURSDAY | <u>Idli with garlic and tomato chutney/ dhokla / gola roti</u> | <u>Pitwaa (gongura/ambadi/ mestapat) with dal with steamed rice</u> Non-veg replacement for dal: <u>fenugreek and sardine curry.</u> | <u>Mixed nuts bowl / trail mix</u> | <u>Bottle gourd (lauki) with whole wheat roti</u> |
| FRIDAY | <u>Tomato poha</u> | <u>Cabbage stir fry and ladies finger curry with brown rice</u> Non-veg replacement for cabbage: <u>Egg curry.</u> | <u>Oranges / jamun / watermelon.</u> | <u>Palak paneer with phulka</u> |
| SATURDAY | <u>Thepla / masala oats</u> Non-veg option: <u>omelet.</u> | <u>Moringa dal and Turnip (shalgam) masala with steamed rice</u> Non-veg replacement for Turnip: <u>Mahi mahi with mustard</u> | <u>Rasbari / jujube / ber</u> | <u>Karela sabzi with maize flour roti (makki di roti).</u> |
| SUNDAY | <u>Whole grain salad /oats tiki / chana dal dosa</u> | <u>Rajma with steamed rice</u> Non-veg option: <u>chicken curry with rice</u> | <u>Banana / Apple</u> | <u>Mooli paratha with Tomato chutney.</u> |

