

07-DAYS WEEKLY MEAL PLAN FOR CELIAC DISEASE

PATIENT NAME	FOR CELIAC PATIENT T. CALORIES - 1800 KCAL PROTEIN - 72 GMS FAT - 41 GMS
PRINCIPAL OF DIET	GLUTEN FREE DIET

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Empty Stomach	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked	Around 07:00 AM one tsp soaked Fennel seeds + pinch of cinnemon powder in 1 cup of water + 5 almonds soaked
Pre-WORKOUT	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water	Around 07:30 AM one pc. Coconut water
Post workout	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.	Around 08:30 AM two tsp satu powder in 100 ml of water.
BREAKFAST	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)	Around 10 : 30 AM * Jawar Chapati 3 PC./Jawar Veg. Poha/Upma/Dalia/poha/idli/dhokla (3 pc./3 bowl) + 1 bowl low fat curd 100GMS / 1 CUP chach/lassi (150 MI)
MID MORNING	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult	Around 12 : 00 PM • One med size Fruit(apple)/NASHPAT I/watermelon/muskmelon/JAMUN/ORANG E/MOUSAMI) or 100 gms. + 1 blue yakult
LUNCH	Around 01:00 pm 1 glass kanji beetroot based	Around 01:00 pm 2 glass kanji beetroot based	Around 01:00 pm 3 glass kanji beetroot based	Around 01:00 pm 1 glass kanji beetroot based	Around 01:00 pm 2 glass kanji beetroot based	Around 01:00 pm 3 glass kanji beetroot based	Around 01:00 pm 1 glass kanji beetroot based
	Around 02 : 30 PM • 1 med bowl Any sabji +3 Bajra chapati + Cucumber/onion/Mul i (1 bowl) + 1 BOWL CURD	Around 02 : 30 PM • 1 med bowl sabji + 3 bajra Chapati + SALAD + 1 BOWL CURD	Around 02 : 30 PM • 3 bajra chapati + any sabji (1 bowl)+ salad (100 gms) +1 BOWL CURD	Around 02 : 30 PM • One bowl Any sabji+ 3 bajra CHAPATI + salad 60gm + 1 BOWL CURD	Around 02 : 30 PM • 1med bowl any sabji+ 3 bajra Chapati + salad 60gms +1 BOWL CURD	Around 02 : 30 PM • 1 med bowl karela + 3 bajra chapati + salads (60 gms) + curd 1 bowl	Around 02 : 30 PM • 3 bajra CHAPATI+ SHIMLAMIRCH PYAAZ 1 BOWL + salad 1 BOWL + CURD 1 BOWL
EVE. TEA	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl	AROUND 05:00 PM ONE CUP GREEN TEA/MILK TEA/COFEE 1 CUP/100 ML + ROASTED MILLETS HANDFULL/ Roasted sprouts 1 bowl
Eve. Snack	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad	Around 07:00 pm Egg white 3 + salad
DINNER	Around 09:00PM • 3 med bowl millets/ Bajra khichadi OR 2 Chapati + MUNG DHULI DAL 1 BOWL + Salad(80 gms) + 1 bowl sabji	Around 09:00PM • 3 Chapati + (1 bowl) DHULI UDAD DAL + salad(80gms) + 1 bowl sabji	Around 09:00PM • 3 jawar chapati+ 1 BOWL CHANA DAL+ salad 60gm + 1 bowl sabji	Around 09:00PM • 1 BOWL ARHAR DAL 1 BOWL + 3 jawar CHAPATI + salad +1 bowl sabji	Around 09:00PM • 1 BOWL MUNG DHULI + 3 chapati + SALAD + 1 bowl sabji	Around 09:00PM • 3 RAGI CHILLA + 1 BOWL DHULI UDAD + salad + 1 bowl sabji	Around 09:00PM • 3 bajra CHAPATI +1 BOWL ARHAR DAL +1 bowl sabji+ SALAD
BED TIME	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk	9:30 PM * 1 glass /250 ml toned MILK + 1 tsp Isabhghol husk

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GENERAL INSTRUCTIONS TO CONSIDER	•FOOD TO BE AVOIDED 1. Wheat (Sooji, maida), Barley, Oats, Rye, Malt and foods made out of these such as samosa, mathi,
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