7 Days Indian Diet Chart for IBS Patient

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning 9:00 AM	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water	2 anjeer with sauf and jeera water
Breakfast **9:30 AM**	Buttermilk –l glass Vegetable vermicelli-1 bowl Almonds-5	Buttermilk - 1 Glass Peanut butter sandwich-1 Almonds -5	Buttermilk- 1 glass Cheese sandwich-1-2 Almonds -5	Buttermilk -1 Glass Vegetable vermicelli-1 bowl Almonds-5	Buttermilk - 1 Glass Oats palak chilla-1-2 Almonds-5	Buttermilk -1 glass Vegetable poha-1 bowl Almonds -5	Buttermilk - 1 Glass Paneer paranth a-1-2 Almonds-5
11:30 PM	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl	Fruit -1 Bowl Plain yogurt – 1 Bowl

Lunch **1-1:30 PM**	Salad -1 Bowl Multigrain roti -1 Veg – 1 K Soyabean Masala -1 K Buttermilk-1 Glass	Salad-1 bowl Multigrain roti-1-2 Palak paneer -1 k	Salad-1 bowl Roti-1-2 Veg-1 Dal-1 k Buttermilk -1 glass	Salad-1 bowl Rice -1 Bowl Paneer curry-1 k Buttermilk-1 glass	Salad-1 bowl Veg biryani-1 bowl Cucumber raita-1 k	Salad-1 bowl Rice-1 bowl Rajma masala-1 k Mix –veg raita-1 k	Salad-1 bowl Rice -1 Bowl Besan palak kadhi – 1 Bowl Plain curd-1 k
Evening snack **5:00 PM** **6:00 PM**	Kaju - 10 Walnuts -2 Coconut water	Kaju - 10 Walnuts -2 Coconut water	Kaju - 10 Walnuts-2 Coconut water	Kaju - 10 Walnuts -2 Coconut water	Kaju - 10 Walnuts -2 Coconut water	Kaju - 10 Walnuts -2 Coconut water	Kaju - 10 Walnuts - Coconut water
Dinner **9:00 PM**	Sambhar -1 Bowl Idli -1-2 Spinach raita-1 k	Ghia raita-1 K Sabudana khichadi – 1 K Masoor dal-1 k	Fried rice with paneer pieces-1 bowl Beetroot raita-1 k	Kala chana sabzi-1-2 k Multigrain roti-1-2	Sambhar-1 bowl Masala dosa-1-2 Coconut chutney	Salad-1 bowl Cucumber raita-1 K Multigrain roti-1	Lentil dal- I k Rice-1 k Roasted paneer and soyabea

				Buttermilk-1 glass		Veg-1 K	ns-1 bowl