

7 Days Diet Chart for Epilepsy Advised By Nutritionists

Monday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8, Walnut 4
Breakfast (9:00 AM)	Milk-1 Glass, Dalia -1 k, 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Sprouts chaat with cucumber and tomato- 1 Bowl , Buttermilk-1 Glass
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass
Dinner (7:30 PM)	Saute vegs with Paneer-1 Bowl, Buttermilk-1 Glass

Tuesday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8, Walnut 4
Breakfast (9:00 AM)	Milk-1 Glass, Paneer sandwich-1
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Boiled chana chaat with cucumber and tomato-1 Bowl, Buttermilk-1 Glass
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass

Dinner (7:30 PM)	Salad-1 Bowl, Mushroom Soup-1 Bowl
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Wednesday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8Walnut4
Breakfast (9:00 AM)	Milk-1 Glass, Wheat flakes- 1K, 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Saute vevs with paneer -1 Bowl, Buttermilk-1 Glass
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass
Dinner (7:30 PM)	Boiled corn chaat with cucumber and tomato-1 Bowl, Buttermilk-1 Glass

Thursday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8Walnut4
Breakfast (9:00 AM)	Milk-1 Glass, Veg Poha-1 Bowl 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Salad-1 Bowl , Brown rice pulao with soyabean-1 Bowl, Buttermilk-1 Glass
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3

Evening Snack (5:00 PM)	Fruit smoothies-1 glass
Dinner (7:30 PM)	Saute vegs with Mushroom-1 Bowl, Raita-1 K

Friday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8Walnut4
Breakfast (9:00 AM)	Milk-1 Glass, Besan Chilla-1, 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Boiled Rajma chaat with cucumber and tomato-1 Bowl, Buttermilk-1 Glass
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass
Dinner (7:30 PM)	Salad-1 Bowl, Tomato Soup-1Bow

Saturday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8Walnut4
Breakfast (9:00 AM)	Milk-1 Glass, Masala oats -1k, 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Saute vegs with 2 egg whites -1 Bowl
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass

Dinner (7:30 PM)	Saute Veg with Paneer- 1bowl, Buttermilk[1]1glass
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Sunday

Early Morning 5.30 AM (Pre work out & Post workout)	Jeera water-1glass, Fruit-1 Portion, Channa sattu -1 glass, [1]Almond 8Walnut4
Breakfast (9:00 AM)	Milk-1 Glass, Veg Upma- 1K, 1 Egg white
Mid-morning (11:30 PM)	Fruits- 2Portions, Chia seed drink
Lunch (2.00 PM)	Salad-1 Bowl, Roti-1, Dal - 1k, Dahi-1 K
Evening Snack (4.00 PM)	Lemon water – 1 glass, Almonds – 8, Walnuts-3
Evening Snack (5:00 PM)	Fruit smoothies-1 glass
Dinner (7:30 PM)	Salad-1 Bowl Boiled Mix veg 1 bowl Raita- 1k