

7 DAY DIET PLAN FOR BETTER IMMUNITY

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 Workout Plan	30 Min Yoga + 15 Min Skipping	10 Min Spot Jogging + 20 Min Floor Exercises	30 Min Yoga	20 Min Meditation With Breathing Exercise	30 Min Brisk Walk	30 Min Yoga	30 Min Morning Walk
MEAL TIME							
 Waking Up	Trujuice (10 ml) or Warm water with lemon and honey (1 glass) + Almonds (5)	Warm water with lemon and honey + Seeds cocktail (1 tsp) or mixed seeds (1tsp)	Tulsi tea (8 to 10 tulsi leaves boiled with a small cinnamon stick & lemon squeezed while drinking)	2 Dates + 2 Walnuts + Lukewarm water with lemon and honey	Trujuice (10 ml) or Lukewarm water with Honey and lemon + 10gms Mixed nuts	Decoction of ginger and tulsi 1 cup+ mixed seeds (1tsp)	Ginger tea with honey (1 cup) + Almonds (5)
 Breakfast	Spicy Whole moong falafel/cutlet (3) + (Mint chutney (3tsp) + Jeera buttermilk (1 glass)	Daliya with vegetables (1 bowl) + sautéed sprouts (3 tbsp)	Brown rice idli (3) + Onion Sambar + steamed sprouts (3 tbsp)+ Blanched vegetable juice (1 glass)	1 Stuffed vegetable paratha + Ginger Garlic Red chutney + 1 bowl Curd	Dal Dhokla (6)+ Tomato chutney (3 tbsp)	Ragi onion dosa (2)+ Roasted Bengal gram chutney (3tbs)	Brown rice Dosa (low oil) (2) + Sambar (1 bowl)
 Mid Meal	Turmeric smoothie: 1 cup coconut milk/almond milk + 1small frozen banana/ apple + vanilla/ cardamom for flavor+ 2tsp turmeric powder + little ginger powder	Apple / pomegranate (150 gm)	Mint Jeera buttermilk (1 glass)	1 cup Ginger tea + 4 Almonds	Ladoo (50g) from mixed seeds and Jaggery	Musk and watermelon bowl (100 gm)	Nutty fruit Salad (1 bowl)
 Lunch	Stuffed multigrain paratha (2) + Jeera buttermilk (1 glass)	Green brown rice (1 bowl) or Palak Paratha (2) + Raita (1 bowl) + Roasted bell pepper salad (1 bowl)	Brown rice (1 bowl) + Greens dal (1 bowl) + Tomato Garlic Rasam (1 bowl)+ Mint jeera buttermilk (1 glass)	1 cup vegetable raita + 1 bowl Rajma curry Rice + 1 glass Buttermilk	2 multigrain rotis + Capsicum curry 1cup + 1 cup Lauki dal with 1 tsp cow ghee+Salad	Moong Dal Khichdi (1bowl) + Cucumber Raita (1 bowl)	Brown rice / white rice / red rice (1 bowl) + Matki amti curry + Tomato pepper rasam + Sautéed mixed vegetables
 Dinner	Thalipeeth (1) + Grated cucumber & purple cabbage (1 bowl)	Sautéed vegetables (1 bowl) + millet roti (1) + dal (1 bowl)	Whole Wheat Phulka (2) + Capsicum curry with paneer (1 bowl)	1 bowl Soup + 1 cup veg curry + 1 Masala Jowar Roti + 1 cup sprout dal	Pumpkin Dal Soup (1 Bowl) + Jowar Khichdi (1 bowl)	Gluten free paneer wrap (1) + Sautéed Mixed Vegetable Salad (1 bowl)	Garlic pepper soup (1 bowl) + Broken wheat Khichdi (1bowl) + Chutney (3 tbsp)
 Bed Time	Triphala capsule with warm water (1 glass)	Turmeric with warm water (1 glass)	Nutmeg with milk (1 glass)	Cinnamon with milk (1 glass)	Triphala capsule with warm water (1 glass)	Turmeric with warm water (1 glass)	Turmeric pepper milk (1 glass)

Quantity: 1 glass - 200 ml ; 1 cup - 150 ml ; 1 tsp - 5 gm ; 1 tbsp - 10 gm; 1 bowl - 150 gm

Guidelines :

Water: Stay well hydrated. Keep water intake 2.5 to 3 litres daily. Drink lukewarm water made of dry ginger, fresh ginger, methi seeds, fennel, coriander

Spices : In the daily diet include spices and herbs like Garlic ,Cinnamon, Cloves, Pepper, Turmeric, Tusli, Dry or fresh ginger, Honey , Lemon as these are having functional properties improves your immunity

Fruits: Include seasonal fruits like Apple, Papaya, Berries, Pomegranate, Pineapple, Kiwi, Musk and watermelons, Mango, Ice apple (100 to 150 gm) in the daily diet. It will provide enough fiber, vitamin and minerals.

Vegetables: Adding more of colorful veggies such as Bell Peppers, carrots, tomatoes, beetroot, pumpkin, zucchini, Green leafy vegetables, Purple or red cabbage in the form of soup and sautéed veggies in the daily diet

Probiotics: In the daily diet include fermented foods like dosa, idli, dhokla, buttermilk as it will enhance gut health

Eating habits: Consume freshly cooked food from home

Avoid food: containing preservatives, cold drinks as it can impair the ability of boosting immunity in the body. Similarly avoid cold drinks and other commercial beverages and opt for fresh whole fruit

Physical Activity: As you are working from home, don't sit idle too long. Every one hour, get up from your seat and do a 5 min walk.

Sleep: Ensure to have proper 8 hours of sleep.

Alcohol: If you have alcohol drinking habit, stop for few weeks. If you can't, then drink only in moderation

Smoke: Don't smoke, as it lowers the protective antioxidants such as vitamin C in the blood and this will reduce the immunity

Sunlight: If possible , expose to sunlight from your balcony for 5 min daily between 11am and 2 pm without applying any sunscreen