# 7 Day Diet Plan for Better Immunity

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<td>10 Min Spot Jogging + 20 Min Floor Exercises</td>
<td>30 Min Yoga</td>
<td>20 Min Meditation With Breathing Exercise</td>
<td>30 Min Brisk Walk</td>
<td>30 Min Yoga</td>
<td>30 Min Morning Walk</td>
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## Workout Plan

- **Day 1**: 30 Min Yoga + 15 Min Skipping
- **Day 2**: 10 Min Spot Jogging + 20 Min Floor Exercises
- **Day 3**: 30 Min Yoga + 20 Min Meditation With Breathing Exercise
- **Day 4**: 30 Min Brisk Walk
- **Day 5**: 30 Min Morning Walk

## Waking Up

- **Day 1**: Tru juice (10 ml) or Warm water with lemon and honey (1 glass) + Almonds (5)
- **Day 2**: Warm water with lemon and honey + Seeds cocktail (1 tsp) or mixed seeds (1 tsp)
- **Day 3**: Tulsi tea (8 to 10 tulsi leaves boiled with a small cinnamon stick & lemon squeezed while drinking)
- **Day 4**: 2 Dates + 2 Walnuts + Lukewarm water with lemon and honey + Mixed nuts
- **Day 5**: Decoction of ginger and tulsi 1 cup + mixed seeds (1 tsp)
- **Day 6**: Ginger tea with honey (1 cup) + Almonds (5)

## Breakfast

- **Day 1**: Spicy Whole moong falafel/cutlet (3) + Mint chutney (3 tsp) + Jeera buttermilk (1 glass)
- **Day 2**: Daliya with vegetables (1 bowl) + sautéed sprouts (3 tbsp) + Blanched vegetable juice (1 glass)
- **Day 3**: Brown rice idli (3) + Onion Sambar + steamed sprouts (3 tbsp) + Blanched vegetable juice (1 glass)
- **Day 4**: 1 Stuffed vegetable paratha + Ginger Garlic Red chutney + 1 bowl Curd
- **Day 5**: Dal Dhokla (6) + Tomato chutney (3 tbsp)
- **Day 6**: Ragoo onion dosa (2) + Roasted Bengali gram chutney (3 tbsp)
- **Day 7**: Brown rice Dosa (low oil) (2) + Sambar (1 bowl)

## Mid Meal

- **Day 1**: Turmeric smoothie: 1 cup coconut milk/almond milk + 1 small frozen banana/apple + vanilla/cardamom for flavor + 2 tsp turmeric powder + little ginger powder
- **Day 2**: Apple / pomegranate (150 gm)
- **Day 3**: Mint Jeera buttermilk (1 glass)
- **Day 4**: 1 cup Ginger tea + 4 Almonds
- **Day 5**: Ladoo (50g) from mixed seeds and Jaggery
- **Day 6**: Musk and watermelon bowl (100 gm)
- **Day 7**: Nutty fruit Salad (1 bowl)

## Lunch

- **Day 1**: Stuffed multigrain paratha (2) + Jeera buttermilk (1 glass)
- **Day 2**: Green brown rice (1 bowl) or Palak Paratha (2) + Raita (1 bowl) + Roasted bell pepper salad (1 bowl)
- **Day 3**: Brown rice (1 bowl) + Greens dal (1 bowl) + Tomato Garlic Rasam (1 bowl) + Mint jeera buttermilk (1 glass)
- **Day 4**: 1 cup vegetable raita + 1 bowl Rajma curry Rice + 1 glass Buttermilk
- **Day 5**: 2 multigrain rotis + Capsicum curry 1 cup + 1 cup Lauki dal with 1 tsp cow ghee + salad
- **Day 6**: Moong Dal Khichdi (1 bowl) + Cucumber Raita (1 bowl)
- **Day 7**: Brown rice / white rice / red rice (1 bowl) + Matki anti curry + Tomato pepper rasam + Sautéed mixed vegetables

## Dinner

- **Day 1**: Thalipeeth (1) + Grated cucumber & purple cabbage (1 bowl)
- **Day 2**: Sautéed vegetables (1 bowl) + millet roti (1) + dal (1 bowl)
- **Day 3**: Whole Wheat Phulka (2) + Capsicum curry with paneer (1 bowl)
- **Day 4**: 1 bowl Soup + 1 cup veg curry + 1 Masala Jowar Roti + 1 cup sprout dal
- **Day 5**: Pumpkin Dal Soup (1 bowl) + Jowar Khichdi (1 bowl)
- **Day 6**: Gluten free paneer wrap (1) + Sautéed Mixed Vegetable Salad (1 bowl)
- **Day 7**: Garlic pepper soup (1 bowl) + Broken wheat Khichdi (1 bowl) + Chutney (3 tbsp)

## Bed Time

- **Day 1**: Triphala capsule with warm water (1 glass)
- **Day 2**: Turmeric with warm water (1 glass)
- **Day 3**: Nutmeg with milk (1 glass)
- **Day 4**: Cinnamon with milk (1 glass)
- **Day 5**: Triphala capsule with warm water (1 glass)
- **Day 6**: Turmeric with warm water (1 glass)
- **Day 7**: Turmeric pepper milk (1 glass)

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**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 prove 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.

Disclaimer: Truweight doesn't claim to cure any diseases. Results may vary. Diet supervision is not a substitute for medical treatment.