

Indian Meal Plan for Liver Transplant Recovery

Vegetarian Meal Plan

Monday

Breakfast: Moong dal cheela with mint chutney

Lunch: Palak paneer with brown rice and cucumber raita

Snack: Roasted makhana (fox nuts) with herbal tea

Dinner: Vegetable dalia (broken wheat) with mixed vegetables

Tuesday

Breakfast: Besan chilla with curd

Lunch: Dal tadka with whole wheat roti and steamed broccoli

Snack: Handful of almonds and walnuts

Dinner: Vegetable khichdi with ghee and sautéed spinach

Wednesday

Breakfast: Oats porridge with flaxseeds and banana

Lunch: Rajma with brown rice and beetroot salad

Snack: Sprouts chaat with lemon and black salt

Dinner: Mixed vegetable curry with jowar roti

Thursday

Breakfast: Ragi dosa with coconut chutney

Lunch: Bhindi sabzi with dal and quinoa

Snack: Greek yogurt with chia seeds and berries

Dinner: Stuffed capsicum with paneer and whole wheat roti

Friday

Breakfast: Poha with peanuts and coriander

Lunch: Chole with brown rice and mixed vegetable salad

Snack: Buttermilk with roasted chana

Dinner: Methi thepla with lauki (bottle gourd) raita

Saturday

Breakfast: Idli with sambar and coconut chutney

Lunch: Mixed lentil dal with whole wheat roti and stir-fried beans

Snack: Papaya slices with a handful of sunflower seeds

Dinner: Bajra khichdi with curd and cucumber salad

Sunday

Breakfast: Sprouts and moong dal pancakes

Lunch: Paneer bhurji with jowar roti and vegetable soup

Snack: Carrot sticks with hummus

Dinner: Mushroom matar curry with brown rice

Non-Vegetarian Meal Plan

Monday

Breakfast: Scrambled eggs with whole wheat toast and avocado

Lunch: Grilled chicken curry with quinoa and sautéed greens

Snack: Greek yogurt with flaxseeds

Dinner: Fish curry with brown rice and steamed broccoli

Tuesday

Breakfast: Omelet with spinach and whole wheat roti

Lunch: Chicken stew with whole wheat bread

Snack: Boiled eggs with black pepper

Dinner: Mutton soup with grilled vegetables

Wednesday

Breakfast: Poached eggs with millet porridge

Lunch: Tandoori chicken with quinoa salad

Snack: Handful of almonds and walnuts

Dinner: Salmon with sautéed spinach and mashed sweet potatoes

Thursday

Breakfast: Boiled egg with multigrain toast

Lunch: Fish curry with jowar roti and green salad

Snack: Buttermilk with roasted chana

Dinner: Chicken stir-fry with brown rice

Friday

Breakfast: Chicken and vegetable omelet with whole wheat roti

Lunch: Mutton curry with quinoa and cucumber raita

Snack: Cottage cheese with chia seeds

Dinner: Baked fish with steamed vegetables

Saturday

Breakfast: Scrambled eggs with sautéed mushrooms

Lunch: Prawn curry with brown rice and vegetable soup

Snack: Greek yogurt with mixed nuts

Dinner: Chicken and vegetable khichdi

Sunday

Breakfast: Masala omelet with whole wheat toast

Lunch: Grilled fish with quinoa and spinach salad

Snack: Hard-boiled eggs with black pepper

Dinner: Chicken curry with jowar roti and sautéed beans