

Printable Meal Plan & Food Checklist

This printable meal plan and food checklist is designed to help liver transplant patients follow a nutritious and balanced diet for optimal recovery.

7-Day Meal Plan

Day 1

Breakfast: Oats with banana and almonds

Lunch: Grilled chicken with quinoa and veggies

Dinner: Moong dal khichdi with curd

Day 2

Breakfast: Scrambled eggs with whole wheat toast

Lunch: Fish curry with brown rice

Dinner: Paneer bhurji with chapati

Day 3

Breakfast: Poha with peanuts

Lunch: Dal and vegetable curry with rice

Dinner: Grilled tofu with stir-fried vegetables

Day 4

Breakfast: Smoothie with Greek yogurt, nuts, and berries

Lunch: Chicken soup with whole grain bread

Dinner: Palak paneer with millet roti

Day 5

Breakfast: Idli with sambar

Lunch: Grilled fish with mashed sweet potatoes

Dinner: Rajma with jeera rice

Day 6

Breakfast: Moong dal cheela with mint chutney

Lunch: Vegetable biryani with raita

Dinner: Light dal khichdi with a side of salad

Day 7

Breakfast: Dalia (broken wheat) porridge

Lunch: Soya chunks curry with whole wheat roti

Dinner: Light vegetable soup with grilled paneer

Food Checklist

- High-Protein Foods: Eggs, fish, chicken, tofu, paneer, dal
- Whole Grains: Brown rice, quinoa, whole wheat bread
- Fruits & Vegetables: Bananas, apples, spinach, carrots, beets
- Healthy Fats: Nuts, seeds, olive oil
- Hydration: 8-10 glasses of water daily
- Avoid: Processed foods, excess salt, sugary drinks

Consult your doctor or dietitian before making dietary changes.