

Indian Diet Plan for Dialysis

Sample diet plan:

Empty stomach: 1 Soaked Date + 2 Almonds + 1 teaspoon chia seeds

Breakfast: ½ cup Milk/ Tea + 2 – 3 small Oats Vegetable chilla + green chutney + ½ cup curd

Mid-morning: ½ cup Jeera Paneer or 2 Boiled Egg white or 50 gms Boiled chicken and vegetable salad

Lunch: 1 cup Boiled Vegetable Salad + 2 Chapati + 1 cup Brown Rice + 1 cup Vegetable + ½ cup Dal (thin) + ½ cup Curd

Snack: 1 cup boiled sprout

Dinner: ½ leached mashed potato + 1 cup vegetable daliya + 1 cup any gourd vegetable + ½ cup Curd

Bedtime: ½ cup Turmeric Milk

