

Indian Diet Plan for IVF (PDF by Dietburrrp)

Early morning:

Dates 2 no. + 2 halves of walnuts + 1 teaspoon sunflower seeds.

OR

green juice (Dudhi + mint + broccoli + ginger + spinach + chia seeds + lemon juice).

Breakfast:



Nachni satva in milk with chopped almonds or 2 no. (Small) Vegetable Oats chilla with green chutney.

+ 1 cup Green Tea (Caffeine free) or Herbal Tea.

Mid-morning:

1 medium size fruit (Any seasonal fibrous fruit).

Lunch:

1 cup Green Salad or vegetable soup +

2 Multigrain chapatti or 1 millet roti +

½ cup Brown Rice +

1.5 cup Green Vegetable +

1 cup Dal or Sprouts.

Mid-afternoon:

1 glass thin Buttermilk or 1 cup curd with flaxseeds.

Evening:

1 cup Elaichi nutmeg Milk +

2 khakras OR 1 cup Vegetable Poha OR 5 – 6 pcs Moong dal Dhokla with tomato chutney.

Dinner:

1 cup Green Salad or vegetable soup + 1 cup Vegetable dal Khichdi + 1 cup Kadhi + 1 cup Curd.

OR

1 Cup vegetable soup + 2 small Dal Paratha + 1 cup Stir fry vegetables + 1 cup curd or 100 gms chicken or fish.

Bedtime:

1 cup low fat milk or 1 glass Almond Milk or 2 egg whites (boiled) + 2 hemp seeds.



dietburp

why starve when you
can plan your food !