

Simple & Healthy South Indian 5-Day Meal Plan

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For managing sugar levels, blood pressure, liver health, and cholesterol

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (■ Morning)	Millet Dosa: • Sprouted green gram batter with 2 spoons of blended tofu powder • Cooked with 1 tsp oil • Tomato chutney • 2 boiled egg whites	Bottle Gourd Idli: • Grated bottle gourd & sprout batter (steamed) • Mint chutney • 2 boiled egg whites	Oats & Besan Chilla: • Oat & chickpea flour pancake (1 tsp oil) • Coriander chutney • 1 boiled egg	Broken Wheat Pongal: • Daliya & moong dal with ginger & pepper • Tomato-garlic chutney • 1 boiled egg	Sprouted Moong Dosa: • Sprout batter with blended tofu powder (1 tsp oil) • Onion chutney • 2 boiled egg whites
Mid-Morning Snack (■ Hydration)	Spiced Buttermilk: • Thin curd with ginger, cumin & curry leaves • 3 walnuts	Crunchy Snack: • Cucumber sticks with light curd dip	Spiced Buttermilk: • Thin curd with cumin • 4 almonds	Tender Coconut Water: • Fresh and unsweetened • Small handful of pumpkin seeds	Spiced Buttermilk: • Thin curd with ginger & curry leaves • 3 walnuts
Lunch (■■ Afternoon)	1 small bowl Kodo Millet rice • Soy chunks curry (1 tsp oil) • Garlic-pepper rasam	Cauliflower Rice: • Grated cauliflower with mustard & 1 tsp oil • Light dal • 2 egg whites	1 small bowl Foxtail Millet rice • Broad beans & soy chunks stir-fry (1 tsp oil) • Garlic rasam	1 small bowl Little Millet rice • Chayote squash (chow-chow) kootu • 2 egg whites	1 small bowl Red Rice or Quinoa • Spinach (keerai) mash • Veg stir-fry (1 tsp oil)
Evening Snack (■ Light Bite)	Steamed Green Gram Sundal: • Tempered with mustard seeds & curry leaves	Roasted Makhana: • Fox nuts roasted with a pinch of pepper	Sprouts Salad: • Steamed moong sprouts with tomato, onion, lemon juice	Boiled Black Chickpeas: • Konda kadala tossed with onions & curry leaves	Veggie Sticks: • Carrot and cucumber with light curd dip
Dinner (■ Night)	Broken Wheat Upma: • Loaded with carrots, beans, and cabbage	Ragi Dosa: • Ragi batter mixed with blended tofu powder • Tomato chutney	Cabbage Dal Kootu: • Cabbage and moong dal • 2 poached eggs	Vegetable Soup: • Clear soup with veggies and 2 boiled eggs	Oats Sprout Dosa: • Warm vegetable broth • 1 egg

3 Simple Rules to Remember

- 1. Stop Free-Pouring Oil:** Always use a 1-teaspoon measuring spoon when cooking. This saves hundreds of hidden calories and keeps your heart and liver safe.
- 2. Use Tofu Powder & Eggs:** Instead of store-bought protein powders, take a small piece of tofu, blend it smooth in your mixie with a little water, and mix it directly into your dosa or idli batter. Add boiled eggs or egg whites daily for natural protein.
- 3. Say No to Fried Snacks:** Avoid fried items like chips and mixture during snack times. Enjoy steamed sundal, roasted fox nuts (makhana), or spiced buttermilk instead.