

7-Day North Indian Fatty Liver Diet Plan

Day 1

- ✳ **Breakfast:** Paratha + Dahi, Chatni, or sabji
- ☒ **Lunch:** Dal + chawal With Proper salad
- ☒ **Evening Snack:** tea + roasted chana + snacks
- ☒ **Dinner:** Gravy Sabji + multi grain/Bajra/Makka/Besan/Nan-- Roti

Day 2

- ✳ **Breakfast:** Oats/Dalia/quinoa + mint chutney
- ☒ **Lunch:** roti + sabji + Dal + Raita/Dahi
- ☒ **Evening Snack:** Herbal tea/tea + roasted flax seeds
- ☒ **Dinner:** Gravy Sabji + roti + Salad

Day 3

- ✳ **Breakfast:** Besan/rava cheela/Dhokla + coriander chutney + Mattha
- ☒ **Lunch:** Brown rice + rajma/kadhi + mixed vegetable sabzi
- ☒ **Evening Snack:** Buttermilk + makhana (fox nuts)/pumpkin seeds
- ☒ **Dinner:** sabji/dal +multi grain/Bajra/Makka/Besan/Nan-- Roti + Salad

Day 4

- ✳ **Breakfast:** Poha/Sewai with peanut and vegetables
- ☒ **Lunch:** masoor dal + stir-fried karela/sukhi sabji + roti
- ☒ **Evening Snack:** Herbal Tea + roasted chana
- ☒ **Dinner:** Sabji + roti + Salad + Raita

Day 5

- ✳ **Breakfast:** Sprouts chaat with lemon & rock salt
- ☒ **Lunch:** dal/sabji + roti + curd + beetroot salad
- ☒ **Evening Snack:** Tea + roasted sunflower seeds
- ☒ **Dinner:** Baingan bharta/sabji + multigrain roti + Mattha

Day 6

- ✳ **Breakfast:** boil fried chana/matar
- ☒ **Lunch:** Tahri/khichdi + salad + raita
- ☒ **Evening Snack:** Green tea + roasted peanuts/makhana
- ☒ **Dinner:** Palak mushroom + brown rice + roti

Day 7

- ✳ **Breakfast:** Sandwich/halwa/moradabadi dal
- ☒ **Lunch:** Sabji + roti + cucumber raita
- ☒ **Evening Snack:** Herbal tea + murmura (puffed rice)
- ☒ **Dinner:** veg/nonveg curry + nan roti + salad

Additional Tips:

- ✓ **Drink 8–10 glasses of water daily**
- ✓ **Limit salt intake** to avoid water retention
- ✓ **Avoid refined sugar & processed foods**
- ✓ **Use minimal oil (mustard oil, olive oil, or ghee in moderation)**
- ✓ **Exercise regularly** (walking, yoga, or strength training)

Monday

Breakfast: Paneer Paratha with Mint Chutney + A Glass of Buttermilk

Lunch: Dal Tadka, Jeera Rice, Mixed Veg Sabzi, Raita, and Salad

Evening Snack: Roasted Makhana + Herbal Tea

Dinner: Baingan Bharta with Missi Roti and Cucumber Raita

Tuesday

Breakfast: Moong Dal Chilla with Green Chutney + A Glass of Warm Lemon Water

Lunch: Rajma with Brown Rice and Cabbage Sabzi + Curd

Evening Snack: Sprout Salad with Lemon and Chaat Masala

Dinner: Palak Paneer with Roti and Beetroot Salad

Wednesday

Breakfast: Poha with Peanuts and Curry Leaves + A Glass of Fresh Orange Juice

Lunch: Chole with Roti and Onion-Tomato Salad

Evening Snack: Roasted Chana + Buttermilk

Dinner: Aloo Gobhi with Bajra Roti and Coriander Chutney

Thursday

Breakfast: Besan Chilla with Tomato Chutney + Masala Tea

Lunch: Lauki Dal with Roti and Kachumber Salad

Evening Snack: Bhel Puri (without Sev) + Green Tea

Dinner: Methi Thepla with Curd and Pickle

Friday

Breakfast: Stuffed Roti with Jaggery & Ghee + A Glass of Milk

Lunch: Khichdi with Kadhi and Papad

Evening Snack: Boiled Chana Chat with Cucumber & Tomato

Dinner: Bhindi Masala with Roti and Mint Raita

Saturday

Breakfast: Dalia (Wheat Porridge) with Nuts + A Glass of Fresh Mango Shake

Lunch: Soya Chaap Curry with Roti and Mixed Veg Salad

Evening Snack: Roasted Peanuts + Green Tea

Dinner: Matar Paneer with Jeera Rice and Cucumber Raita

Sunday

Breakfast: Aloo Puri with Pickle + A Glass of Lassi

Lunch: Dal Makhani with Naan and Onion Salad

Evening Snack: Corn Chaat with Lemon Juice

Dinner: Kadhi Pakora with Rice and Roasted Papad

Additional Tips for a Healthy North Indian Diet:

- ☒ **Drink 2-3 liters of water daily**
- ☒ **Use less oil and ghee for cooking**
- ☒ **Include seasonal fruits and vegetables**
- ☒ **Prefer whole grains like wheat, jowar, bajra, and millets**
- ☒ **Limit sugar and refined foods**