

# Central Council for Research in Yoga & Naturopathy

61-65, Institutional Area, Janakpuri, New Delhi – 110058

## Diet Chart for COVID 19 – Helps to enhances the immunity

DAY/ TIME	6.00 am	7.00-7.30 am	8.30-9.00 am [breakfast]	1.30-2.00 pm [lunch]	5.00-5.30 pm	8.00-8.30 pm [dinner]
<b>DAY-1</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Kichadi/Pongal with little salt- 1bowl	2-3 chapatis/1 cup rice + 1 cup carrot curry/rasam	Natural Immune Boosting Hot Drink	2 chapatis + mixed vegetable curry
<b>DAY-2</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Upma with tomato,carrot, onion-1 bowl	2 chapatis/ 1 bowl millets rice+rasam+ beans curry	Natural Immune Boosting Hot Drink	1 bowl of broken wheat upma.
<b>DAY-3</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Dhaliya/3-4 idly's with mildly spiced chutney (2 spoons)	2 chapatis/ 1 bowl of rice+ 1cup of beetroot curry	Natural Immune Boosting Hot Drink	1 bowl of upma using broken rice (add bottle guard, tomato, onion)
<b>DAY-4</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Veg Pulav – 2 serves	Multigrain roti+sabzi/1 bowl of brown rice+ 1 cup double boiled tomato dal+ spinach curry.	Natural Immune Boosting Hot Drink	1 bowl of millets upma or porridge using vegetables.
<b>DAY-5</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Kichadi/pongali with little salt- 1bowl	2-3 chapatis/ 1 cup rice + lady's finger curry+ ½ cup curd	Natural Immune Boosting Hot Drink	2-3 dosa/chapatis + chow chow curry/chutney
<b>DAY-6</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	Poha (beaten rice) upma/ avalakki with tomato, carrot, onion.	2 chapatis/ 1 bowl of brown rice+ 1 cup double boiled tomato dal+ spinach curry.	Natural Immune Boosting Hot Drink	1 bowl of upma using broken rice (add bottle guard, tomato, onion)
<b>DAY-7</b>	300-500ml lukewarm water.	250ml of Natural immune boosting decoction	3-4 idly's with mildly spiced chutney (2 spoons).	2-3 chapatis/ 1 cup rice + 1 cup green leafy vegetable curry.	Natural Immune Boosting Hot Drink	1 bowl of broken wheat upma.

- This suggested diet can be modified according to seasonal fruits and vegetables.
- Diet chart can modify according to region.