



VMG HOSPITAL DIET PLAN

DR SHIVDEEP ANAND

VMG HOSPITAL SARKAGHAT

General Ayurvedic Diet Plan

This diet includes seasonal, fresh, and natural foods, promoting digestion, immunity, and overall well-being.

Morning Routine (6:00 - 7:00 AM)

Wake Up: Warm water with lemon or honey
(helps digestion & detox)

Herbal Tea: Tulsi, ginger, or cinnamon tea
(boosts metabolism)

Breakfast (7:30 - 9:00 AM)

Warm & Nourishing Foods:

Oatmeal or rice porridge with nuts & fruits
Fresh seasonal fruits (apple, pear, pomegranate)
Herbal tea or almond milk

Mid-Morning (10:30 - 11:30 AM)

A handful of soaked almonds & raisins
Fresh fruit or coconut water

Lunch (12:30 - 2:00 PM) – The Main Meal

Grains: Brown rice, quinoa, or whole wheat chapati

Protein: Moong dal, chickpeas, or paneer

Vegetables: Seasonal, lightly cooked with ghee & mild spices

Side: Yogurt with cumin or buttermilk

Digestive Drink: Jeera (cumin) water or ginger tea

Afternoon Snack (3:30 - 4:30 PM)

Roasted seeds (sunflower, pumpkin) or nuts

Herbal tea (fennel, mint, or licorice)

Dinner (6:30 - 8:00 PM) – Light & Easy

Khichdi (lentils & rice with mild spices)

Lightly cooked vegetables (steamed or sautéed)

Warm herbal tea

Before Bed (9:30 - 10:00 PM)

Warm turmeric milk with nutmeg (promotes sleep & immunity)

Additional Ayurvedic Guidelines

- ✓ Eat according to your dosha (Vata, Pitta, Kapha)
- ✓ Avoid processed, frozen, and stale foods
- ✓ Use digestive spices like cumin, turmeric, ginger, and fennel
- ✓ Stay hydrated with warm water & herbal teas
- ✓ Eat mindfully and in a calm environment