

Day	Breakfast	Lunch	Dinner	Snack	Est. Sodium
Day 1	Masala oats + flaxseeds + 1 banana	2 jowar roti + moong dal + cucumber raita	Ragi mudde + palak sabzi + 1 small lauki curry	Coconut water + 10 unsalted almonds	2.4g
Day 2	3 idli + sambar (minimal salt) + pudina chutney	Brown rice + rajma (home-cooked, no added salt) + tomato salad	2 whole wheat chapati + tinda sabzi + curd	Amla juice + roasted chana (unsalted)	2.6g
Day 3	Vegetable poha (minimal salt) + 1 glass chaas	2 bajra roti + arhar dal + sautéed spinach	Vegetable khichdi (moong + rice, 1:1) + lauki raita	1 banana + 5 walnuts	2.5g
Day 4	Besan chilla (no salt in batter) + green chutney	1 cup red rice + masoor dal + mixed vegetable curry	2 ragi roti + baingan bharwa (unsalted tadka) + curd	Coconut water + handful of pumpkin seeds	2.3g
Day 5	Moong dal cheela + sliced papaya	2 multigrain roti + chana dal + bottle gourd sabzi	Brown rice + rajma (½ cup) + sautéed methi leaves	Chaas (no salt, just jeera) + 1 pear	2.7g
Day 6	Oats upma (no salt) + coconut chutney (minimal)	Jowar bhakri + dal palak + beet + carrot salad	2 whole wheat chapati + tofu bhurji + cucumber salad	Amla + 10 unsalted cashews	2.4g
Day 7	Idli with sambar + tomato chutney (homemade)	Brown rice + sambhar (no added salt beyond vegetables) + papad (plain roasted)	Vegetable daliya (broken wheat) + curd + salad	Coconut water + handful of makhana (unsalted)	2.5g