DIET CHART FOR YOGA TEACHER TRAINING STUDENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit Salad Apple Juice Oats Porridge Idly + Sambar Banana Yoghurt	Fruit Salad Orange Juice Wheat Porridge Dosa Coconut Chutney Banana Yoghurt	Fruit Salad Sweet Lime Juice Ragi Porridge Chapatti + Kurma Banana Yoghurt	Fruit Salad Grape Juice Multigrain Porridge Upma Coriander Chutney Banana Yoghurt	Fruit Salad Water Melon Juice Oats Porridge Ragi Dosa Tomato Chutney Banana Yoghurt	Fruit Salad Pomegranate Juice Wheat Porridge Appam Coconut Milk Tomato Chutney Banana Yoghurt	Fruit Salad Tender Coconut Paratha Tomato Gravy Banana Yoghurt
White Rice Sambar Boiled Vegetable (Carrot) Spinach Soup	Lemon Rice Potato Fry Vegetable Salad Soup Spinach Dhal	Tomato Rice Boiled Vegetable (Cauliflower) Soup Raitha Spinach Dhal	Jeera Rice Boiled Vegetable (Beetroot) Soup Spinach Dhal	Mint Rice Vegetable Salad Soup Boiled Vegetable (Yellow Pumpkin) Spinach Dhal	Vegetable Rice Raitha Pappad Soup Vegetable Salad Spinach Dhal	White Rice Sambar Boiled Vegetable (Chow - Chow) Rasam Soup Spinach Dhal

Chapatti **Potato Gravy** **Mushroom** **Pineapple Juice** **Moongdhal Sundal**	**Kuzhi Paniyaram** **Coconut Chutney** **Green Peas Sundal** **Milk** **Boiled Vegetables**	**Upma** **Coriander** **Chutney** **Chickpeas Sundal** **Apple Juice** **Vegetable Salad**	**Appam** **Coconut Chutney** **Sappota Juice** **Boiled Vegetables**	**Wheat Dosa** **Tomato Chutney** **Grape Juice** **Boiled Vegetables** **(Lady's Finger)** **Rajma Sundal**	**Vegetable Dosa** **Sambar** **Chickpeas Sundal** **Watermelon Juice** **Boiled Vegetables**	**Masala Dosa** **Mint Chutney** **Lemon Juice** **Bengal gram Sundal**