

7-Day Acid Reflux Diet Plan

Day 1

Breakfast:

Oats upma with vegetables. Herbal tulsi tea.

Snack:

Roasted chana or murmura.

Lunch:

Steamed rice with chicken stew (no chili, minimal oil).

Dinner:

Grilled fish with boiled lauki and soft phulka.

Day 2

Breakfast:

Suji upma with carrots and peas.

Snack:

Cucumber sticks with rock salt.

Lunch:

Moong dal khichdi with boiled egg whites.

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Dinner:

Lentil soup with chicken breast and soft roti.

Day 3

Breakfast:

Soft idli with coconut chutney (no chili).

Snack:

Carrot sticks with hummus.

Lunch:

Grilled chicken with plain paratha and boiled tinda.

Dinner:

Steamed fish with jeera rice and spinach curry.

Day 4

Breakfast:

Ragi porridge with soft banana.

Snack:

Makhana (roasted, unsalted).

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Lunch:

Chicken curry (no chili, low oil) with soft roti.

Dinner:

Egg curry with boiled rice and sautéed zucchini.

Day 5

Breakfast:

Sabudana khichdi with light peanuts.

Snack:

Puffed rice bhel (no tamarind, light veggies).

Lunch:

Steamed chicken pulao with no spices.

Dinner:

Grilled fish with mashed potatoes and carrots.

Day 6

Breakfast:

Rice porridge with almond milk and apple.

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Snack:

Roasted peanuts (unsalted).

Lunch:

Lentils with chicken breast and lauki curry.

Dinner:

Grilled turkey cutlets with vegetable daliya.

Day 7

Breakfast:

Besan chilla with mild spices and coriander.

Snack:

Cucumber slices and saunf tea.

Lunch:

Fish curry (low oil, no chili) with soft roti.

Dinner:

Soft chicken stew with jeera rice and sautéed spinach.