

7-Day Acid Reflux Diet Plan

Day 1

Breakfast:

Moong dal chilla with mint chutney (no garlic). Herbal tulsi tea.

Snack:

Roasted chana or murmura (puffed rice).

Lunch:

Steamed rice with lauki (bottle gourd) sabzi.

Dinner:

Masoor dal with soft phulka and boiled vegetables.

Day 2

Breakfast:

Suji (semolina) upma with mild vegetables.

Snack:

Cucumber slices with rock salt.

Lunch:

Khichdi with moong dal and bottle gourd.

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Dinner:

Vegetable daliya with curd (if tolerated).

Day 3

Breakfast:

Soft idli with coconut chutney (no chili).

Snack:

Carrot sticks with homemade hung curd dip.

Lunch:

Plain paratha with tinda (apple gourd) sabzi.

Dinner:

Plain rice with palak dal (no garlic/onion).

Day 4

Breakfast:

Oats porridge with almond milk and banana.

Snack:

Homemade roasted makhana (fox nuts).

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Lunch:

Vegetable poha with coriander.

Dinner:

Boiled arbi (colocasia) with jeera rice.

Day 5

Breakfast:

Sabudana khichdi with peanuts (light).

Snack:

Bhel with puffed rice and veggies (no tamarind).

Lunch:

Vegetable thepla (no chili) with bottle gourd raita.

Dinner:

Moong dal soup with soft roti and mashed vegetables.

Day 6

Breakfast:

Ragi porridge with soft fruits.

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Snack:

Oats biscuits and herbal tea.

Lunch:

Vegetable pulao with curd (if tolerated).

Dinner:

Lauki dal with steamed rice and sautéed carrots.

Day 7

Breakfast:

Besan chilla with grated bottle gourd.

Snack:

Roasted peanuts (unsalted).

Lunch:

Soft plain roti with tur dal and aloo-palak sabzi.

Dinner:

Vegetable suji upma with coriander and curd (optional).