

IBS DIET CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast (8:00 - 9:30am) 2 potato stuffed chapatti + ½ cup tea	Breakfast (8:00 - 9:30am) 1 cup vegetable pane + 1 cup curd	Breakfast (8:00 - 9:30am) 1 cup vegetable idli + 1 cup curd	Breakfast (8:00 - 9:30am) 2 carrot stuffed chapatti + ½ cup tea	Breakfast (8:00 - 9:30am) 2 masoor dal chana with paneer stuffing with green chutney	Breakfast (8:00 - 9:30am) 2 stuffed chapatti + ½ cup tea/ 1 cup vegetable pane + 1 cup curd	Breakfast (8:00 - 9:30am) 1 cup vegetable bread upma + 1 cup curd
Mid-Meal (11:00-11:30am) 1 cup Chacha	Mid-Meal (11:00-11:30am) 1 cup coconut water	Mid-Meal (11:00-11:30am) 1 apple	Mid-Meal (11:00-11:30am) 1 cup Chacha	Mid-Meal (11:00-11:30am) 1 cup coconut water	Mid-Meal (11:00-11:30am) 1 pear	Mid-Meal (11:00-11:30am) 1 cup Chacha
Lunch (2:00-2:30pm) 1 cup masoor dal + 1 cup karoh + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup arhar dal + 1 cup spin veg + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup chana dal + 1 cup spin stem and potato + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup masoor dal + 1 cup cabbage mottle + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup toor dal + 1 cup beans aloo + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup rajma + 1 cup gobi aloo + 2 chapatti + ½ cup rice + ½ cup curd	Lunch (2:00-2:30pm) 1 cup white chana + 1 cup paneer Masoori + ½ cup rice + ½ cup curd
Evening (4:00-4:30pm) 1 cup tea + murmure laddu	Evening (4:00-4:30pm) 1 cup tea + murmure laddu	Evening (4:00-4:30pm) 1 cup tea + laddu makhane	Evening (4:00-4:30pm) 1 cup tea + 1 toasted bread	Evening (4:00-4:30pm) 1 cup tea + 2 hard toast	Evening (4:00-4:30pm) 1 cup tea + laddu makhane	Evening (4:00-4:30pm) 1 cup tea + 2 atta biscuits
Dinner (8:00-8:30pm) 1 cup dal aloo + 2 chapatti	Dinner (8:00-8:30pm) 1 cup dal aloo + 2 chapatti	Dinner (8:00-8:30pm) 1 cup mottle musroom + 2 chapatti	Dinner (8:00-8:30pm) 1 cup toor + 2 chapatti	Dinner (8:00-8:30pm) 1 cup beans + 2 chapatti	Dinner (8:00-8:30pm) 1 cup pumpkin + 2 chapatti	Dinner (8:00-8:30pm) 1 cup khandi + 2 chapatti