

Weekly TB diet chart

North Indian vegetarian, low cost. Protein at every meal, three meals and three snacks a day.

Day	Breakfast	Lunch	Dinner	Snacks and bedtime
Monday	Besan chilla with curd	Roti with ghee, rajma, curd and salad	Roti, moong dal and lauki sabzi	Roasted chana with jaggery; sattu drink; a glass of milk
Tuesday	Daliya cooked in milk with jaggery	Rice, kadhi and sabzi	Vegetable khichdi with ghee and curd	Sprouted moong chaat; peanut chikki; a glass of milk or curd
Wednesday	Poha with peanuts and a glass of milk	Roti, chole and raita	Roti and soya chunk curry	Banana and a glass of milk; lassi or buttermilk; a glass of milk
Thursday	Moong dal chilla with green chutney	Rice, chana dal, seasonal sabzi and curd	Roti, masoor dal and aloo gobhi	Sattu drink; roasted chana with jaggery; a glass of milk or curd
Friday	Besan chilla with curd	Roti with ghee, rajma, curd and salad	Vegetable khichdi with ghee and curd	Peanut chikki; sprouted moong chaat; a glass of milk
Saturday	Daliya cooked in milk with jaggery	Roti, chole and raita	Roti and soya chunk curry	Lassi or buttermilk; banana and a glass of milk; a glass of milk or curd
Sunday	Poha with peanuts and a glass of milk	Rice, kadhi and sabzi	Roti, moong dal and lauki sabzi	Roasted chana with jaggery; sattu drink; a glass of milk

Good to know

- Eat three meals and three snacks a day. When appetite is poor, eat small amounts often.
- Add a little oil, ghee or butter to roti or rice for extra energy without a bigger plate.
- Have a protein food at every meal: dal, chana, rajma, soya, milk, curd, paneer, eggs, fish or meat.
- Use local, seasonal foods. Costly supplements are not better than home food.
- Do not smoke or drink alcohol during TB treatment.
- Take medicines as your doctor or DOTS provider advises. This chart does not change them.

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