

Supplementary

Customized Dietary Protocol for the Patient

	Components of Meals						
Meal Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Empty Stomach	1 glass of warm water with a pinch of cinnamon powder						
Breakfast	Option 1: 2 eggs omelette and 1 gluten-free roti/toast Option 2: 1-2 medium-sized Pumpkin-Masoor dal or Green Moong cheela with 1 tbsp of mint chutney	Option 1: Indian style 4 eggs white Shakshuka with 1 medium-sized millet wrap Option 2: 2-3 Medium-sized green moong tikkis with 1 tbsp of mint-coriander chutney	Option 1: 1 gluten-free egg frankie Option 2: 2-3 sprouts idli with 1.5 bowl of sambar and chutney of choice Option 3: 2 high protein pizza with A2 milk paneer/chicken	Option 1: 1-2 medium-sized oats-egg pancakes Option 2: 1 medium-sized sattu paratha with a tbsp of coconut chutney	Option 1: 2 eggs savoury cups with veggies Option 2: 1 grilled A2 milk paneer sandwich with gluten-free toast	Option 1: 1 medium-sized thalipeeth (of dal flours) stuffed with veggies with 1 tbsp of mint chutney Option 2: 2 Eggs and veggies scrambled with 1 gluten-free wrap	Option 1: 2 eggs frittata Option 2: 1-2 medium-sized podi idli or sprouts dhokla with 1 cup of thick sambar and 1 tbsp of coconut chutney
After Breakfast	1 sachet of EAA with a glass of plain water/ coconut water/ smoothie						
Lunch	Option 1: 3-4 A2 milk paneer tikka bites or chicken (100-150 g) tikka with grilled veggies and 1 portion of steamed rice	Option 1: 1 bowl of chicken (100-150 g) or panner (100 g) biryani Option 2: 1 chicken gluten-free wrap	Option 1: 3-4 baked chicken fingers (100-150 g) with 1 tbsp of mint chutney and 1 bowl of vegetable pulao	Option 1: 1 bowl meal of chicken/legume Option 2: 1 moong dal wrap with legume veggie stuffing	Option 1: 100-150 g of chicken sukka with a portion of herbed rice Option 2: 1 bowl of masoor dal rice	Option 1: 1 bowl of millet khichdi with 3-4 baked A2 milk panner balls or sprout tikkis	Option 1: Baked chicken (100-150 g) with one portion of coconut rice and sauteed veggies Option 2: Chicken (100-

	Option 2: 1 besan cheela frankie		Option 2: 1-2 medium-sized savoury dal pancakes Option 3: 1 bowl of dal khichdi with grilled A2 milk paneer cubes and veggies		Option 3: 80-100 g of A2 milk paneer bhurji and 1 medium-sized gluten-free roti	Option 2: A2 milk paneer (80-100 g) or chicken (100-150 g) kofta shawarma	150 g) millet pongal
Snacks (if hungry)	A bowl of sprouts bhel or salad/ 1-2 coconut cookies/ besan nachos with avocado dip						
Dinner	Option 1: ½ medium bowl of rice noodles with grilled chicken or green moong kebab (100-150 g) and pesto sauce Option 2: 100-150 g of baked chicken with avocado salsa and a portion of oats khichdi	Option 1: 1 bowl of A2 milk paneer (80-100 g) coconut milk curry Option 2: 1 bowl of sprouts coconut curry with 1-2 medium-sized millet roti or 1 bowl of herbed rice	Option 1: A bowl of vegetable thukpa with egg noodles Option 2: 3-4 chicken rice paper dumplings	Option 1: A bowl of chicken/fish curry (100-150 g) Option 2: 1 bowl of A2 milk paneer (80-100 g) kofta curry with 1 medium bowl of lemon rice	Option 1: 100-150 g ghee roast prawns Option 2: 100-150 g of ghee roast chicken with 1-2 medium-sized rice roti	Option 1: 1 bowl of millet/red lentil pasta with pumpkin sauce Option 2: 2-3 sprouts falafel stuffed in a gluten-free wrap	Option 1: 1 bowl of tawa chicken (100-150 g) biryani Option 2: 1 bowl of A2 milk paneer kadhai with a portion of steamed rice Option 3: 1 bowl of red lentil pulao

Abbreviations: EAA, Essential Amino Acids.