

IMMUNITY BOOSTER DIET DURING COVID-19 PANDEMIC



1 Early Morning

A glass of hot water with half lemon juice.
4 Soaked almonds.
Do exercise for atleast 30mins



2 Have a breakfast

A cup of tea with ginger, cinnamon stick extracts and ealichi.
Eat sprouts, Fermented foods, Oats , or you can include cereals for protein intake.



3 Mid Morning Snacks- Get your dose of Vit C

1 Orange/a bowl of watermelon/pomegranate/musk melon.
Any citrus fruit intake will help to increase the intake of Vitamin C.



4 Lunch

1 Jawar or bajra roti, with 1 bowl of vegetable, 1 cup rice, 1 cup daal, 1 cup curd (optional).
Include Green leafy vegetables



5 Take a nap

Sleep after 1 hour of your lunch so that the digestion process does not face any problem.
Sleep for atleast an hour or two.



6 Have a tea or a coffee!!

Having a cup of tea or a coffee refreshes the mood after sleep...
Have a cookie too!!
Exercise for 30 mins.....



7 Have dinner before 8:30pm!

Include roti(wheat/bajra/jowar), daal, leafy vegetables, rice and some salad.
Avoid curd at night.



BESIDES EATING RIGHT, CERTAIN LIFESTYLE MODIFICATIONS CAN ALSO PREPARE YOUR BODY TO FIGHT THE VIRUS HEAD-ON.

- KEEP STRESS AWAY
- SLEEP WELL
- EXERCISE REGULARLY
- GIVE UP SMOKING/VAPING
- TAKE MORE OF VITAMIN D
- STAY POSITIVE

