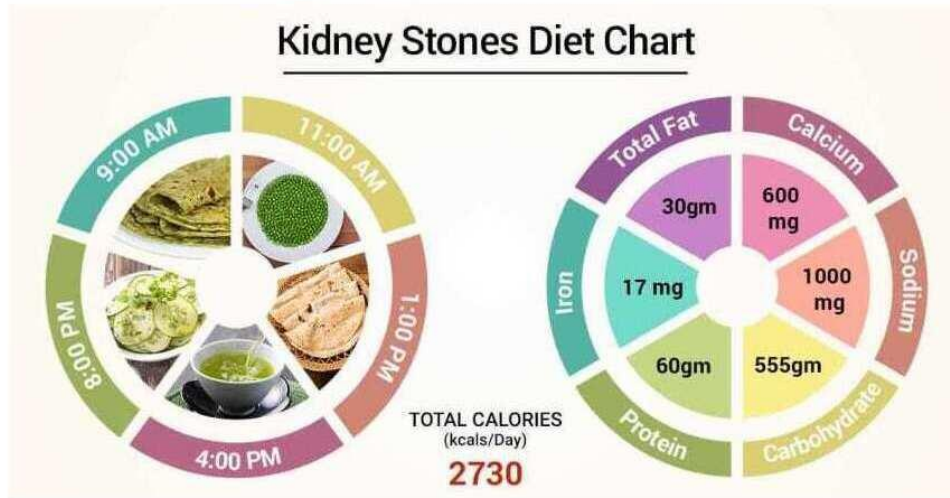


Kidney Stones Diet Chart



Diet Chart For Kidney Stone Problem

Sunday

Breakfast (8:00-8:30A M)	2 paratha (aloo/gobhi/methi) with 2 tsp green chutney + 1 glass milk (toned)
Mid-Meal (11:00-11:30 AM)	1 medium size pea
Lunch (2:00-2:30P M)	1 cup rice + 2 roti + brinjal sabji + 1/2 cup rasam + 1 glass buttermilk

Evening (4:00-4:30P M)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30P M)	3 bajra roti + lauki methi curry + 1/2 cup cucumber salad

Monday

Breakfast (8:00-8:30A M)	3 uthappam+2tsp methi chutney + 1 glass milk (toned)
Mid-Meal (11:00-11:3 0AM)	100gm musk melon
Lunch (2:00-2:30P M)	4 jowar roti + 1/2 cup bitter gourd sabji + 1/2 cup french beans curry + 1 glass buttermilk
Evening (4:00-4:30P M)	1 cup green tea+2-3 biscuits
Dinner (8:00-8:30P M)	3 roti + 1/2 cup colocasia(arbi) curry + 1/2 cup cucumber salad

Tuesday

Breakfast (8:00-8:30A M)	1 cup bajra upma with vegetables + 1 glass milk (toned)
Mid-Meal (11:00-11:3 0AM)	100gm pomegranate

Lunch (2:00-2:30P M)	1 cup rice + 2 roti + 1/2 cup rasam + 1/2 cup capsicum sabji
Evening (4:00-4:30P M)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30P M)	3 jowar roti + 1/2 cup raw banana curry + 1/2 cup cucumber salad

Wednesday

Breakfast (8:00-8:30A M)	Vegetable sandwich with 4 whole wheat bread slices + cucumber,tomato, onion,spinach/lettuce + 1 glass milk (toned)
Mid-Meal (11:00-11:30AM)	100 gm of pineapple
Lunch (2:00-2:30P M)	1 cup rice + 2 roti + 1/2 cup rasam + 1/2 cup ivy gourd (parmal) sabji + 1 glass buttermilk
Evening (4:00-4:30P M)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30P M)	3 roti + 1/2 cup tinda curry + 1/2 cup cucumber salad

Thursday

Breakfast (8:00-8:30A M)	3 rice dosa + 1/2 cup sambhar (less dal) + 1tsp methi chutney + 1 glass milk (toned)
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Mid-Meal (11:00-11:30AM)	1 banana
Lunch (2:00-2:30PM)	4 bajra roti + 1/2 cup methi sabji + 1/2 cup mooli curry + 1 glass buttermilk
Evening (4:00-4:30PM)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30PM)	3 bajra roti + 1/2 cup ridge gourd (thori) curry + 1/2 cup cucumber salad
Friday	
Breakfast (8:00-8:30AM)	4 rice Idly + 1/2 cup sambhar (less dal) + 1 tsp coconut chutney + 1 glass milk (toned)
Mid-Meal (11:00-11:30AM)	1 medium size orange
Lunch (2:00-2:30PM)	1 cup rice + 2 roti + 1/2 cup rasam + 1/2 cup cabbage sabji + 1 glass buttermilk
Evening (4:00-4:30PM)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30PM)	3 roti + 1/2 cup bhindi curry + 1/2 cup cucumber salad

Saturday

Breakfast (8:00-8:30A M)	1/2 cup cornflakes in 1 glass milk (toned)
Mid-Meal (11:00-11:30 AM)	1 medium size guava
Lunch (2:00-2:30P M)	1 cup rice + 2 roti + 1/2 cup snake gourd sabzi + 1/2 cup rasam + 1 glass buttermilk
Evening (4:00-4:30P M)	1 cup green tea + 2-3 biscuits
Dinner (8:00-8:30P M)	3 jowar roti + 1/2 cup cauliflower curry + 1 cup cucumber salad

Do's And Dont's While Following Diet Plan for Kidney Stone

If you are suffering from kidney stones, you can start making some simple changes in your lifestyles and food habits which are mentioned below, along with the kidney stone diet plan mentioned above:

Don'ts

1. Tomato with seed.
2. Avoid drinking a lot of coffee/tea and alcoholic beverages
3. More intake of sea foods and salty foods.
4. Regular intake of Guavas.

Do's

1. Drink sufficient water
2. and Take an adequate amount of Calcium.
3. Limited amount of animal protein.

Please call us for any query or get more diet charts by visiting our website:

<https://drdeepikashomeopathy.com/all-diet-charts/>

Thanks & Regard

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