



Makes You Eat, Mumbai

by Dietitian Foram Modi

(Dietitian Approved)

Diet Chart for TB Patient

3 Day's Tuberculosis Relief Diet

Disclaimer: Please take free consultation with Dietitian Foram Modi if any doubt regarding the diet plan.

by Best Clinical Dietitian in Mumbai - Dt. Foram Modi

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8369030744



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3 DAY'S DIET CHART FOR TB PATIENT

Day 1



Day 1 Goal:

The focus of Day 1 is to stabilize your energy levels, reduce inflammation, and start rebuilding immunity with foods that are soft, digestible, and rich in protein.

3 Breakfast Options

- **Moong Dal Chilla + Mint Chutney**
 - High protein, light on digestion, ideal for muscle repair.
- **Oats Porridge with Milk + 4-5 Soaked Almonds**
 - Provides slow energy, fiber, and healthy fats for TB recovery.
- **Vegetable Dalia Upma + 1 Banana**
 - Nutrient-rich, easy on the stomach, supports immunity.

Breakfast

3 Lunch Options

- **Soft Khichdi (Moong Dal + Rice) + 1 tsp Ghee + Beetroot Salad**
 - Gentle for intestinal TB; high in iron & antioxidants.
- **Chapati (2) + Dal + Palak Sabzi + Curd**
 - Balanced protein, iron for anemia TB, and probiotics for gut health.
- **Jeera Rice + Rajma/Chole (well-cooked) + Carrot-Cucumber Raita**
 - High-protein, energy-packed meal for weight gain in TB.

Lunch

3 Dinner Options

- **Vegetable Soup + 1 Soft Roti + Paneer Bhurji**
 - Light dinner with high protein for tissue repair.
- **Moong Dal Khichdi + Ghee + Steamed Veggies**
 - Comfort meal suitable even for abdominal or stomach TB.
- **Dalia Khichdi + Turmeric Milk (½ cup)**
 - Anti-inflammatory and helps reduce night-time weakness.

Dinner

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3 DAY'S DIET CHART FOR TB PATIENT

Day 2



Day 2 Goal:

The focus of Day 2 is to enhance your body's natural defense system with nutrient-dense foods rich in vitamin C, zinc, iron, and high-quality protein.

3 Breakfast Options

- **Moong Dal Chilla + Mint Chutney**
 - Light, protein rich meal that supports tissue repair and recovery.
- **Vegetable Upma + 1 Fruit (Papaya or Apple)**
 - Soft and easy to digest with added vitamins that help immunity.
- **Oats Porridge with Milk + Chopped Nuts**
 - Provides fiber, healthy fats, and iron to support strength and energy.

Breakfast

3 Lunch Options

- **Soft Khichdi (Moong Dal + Rice) + 1 tsp Ghee**
 - Gentle on the stomach and ideal for digestive comfort in all types of TB.
- **Chapati + Dal Tadka + Spinach Sabzi**
 - A nourishing combination that helps build hemoglobin and provides steady protein.
- **Brown Rice + Rajma Curry**
 - Offers long lasting energy and quality plant protein for body repair.

Lunch

3 Dinner Options

- **Vegetable Daliya + Curd**
 - A light and healing meal that supports gut health and improves medicine tolerance.
- **Jeera Rice + Moong Dal + Beetroot Salad**
 - Boosts hemoglobin and provides protein that is easy for the body to absorb.
- **Vegetable Soup + 2 Soft Chapatis**
 - Hydrating and calming meal that supports digestion and reduces discomfort before sleep

Dinner

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3 DAY'S DIET CHART FOR TB PATIENT

Day 3



Day 3 Goal:

Focus on rebuilding strength with easily digestible, nutrient-rich foods that support immunity, fight inflammation, and improve energy.

3 Breakfast Options

- **Besan Cheela with Vegetables + Curd**
 - Rich in protein and supports muscle repair while keeping digestion light.
- **Ragi Porridge with Jaggery**
 - Boosts iron, calcium, and energy which is essential for TB recovery.
- **Idli with Sambar**
 - Soft fermented food that improves gut strength and helps better absorption of nutrients.

Breakfast

3 Lunch Options

- **Vegetable Khichdi + Beetroot Raita**
 - Balances energy, improves hemoglobin levels, and keeps the stomach calm.
- **Chapati + Mixed Dal + Carrot Beans Sabzi**
 - Provides steady protein, fiber, and vitamins needed for immunity.
- **Rice + Chicken Stew (or Moong Dal for vegetarian)**
 - Offers high quality protein that helps rebuild weakened tissues.

Lunch

3 Dinner Options

- **Soft Vegetable Daliya + Warm Milk**
 - Helps with nighttime recovery and provides gentle nourishment.
- **Lemon Coriander Soup + 2 Soft Chapatis**
 - Hydrating and soothing meal that improves appetite and digestion.
- **Moong Dal Khichdi + Boiled Eggs (or Paneer Cubes)**
 - Strengthens immunity, boosts protein intake, and reduces fatigue.

Dinner

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DT. FORAM MODI

Founder of Makes You Eat, Mumbai

Best Clinical Dietitian in Mumbai

Best Clinical Nutritionist in Mumbai for All Types of Online & In-Clinic Diet Consultation

Customized TB Diet Plan for Faster Recovery



What you get -

- Customized TB diet plan
- High-protein daily meal schedule
- Foods to eat & avoid list
- Supplement guidance
- Immunity-boosting plan
- ... & many more benefits

Contact Now!

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