

	EARLY MORNING MEAL	BREAKFAST	MID-MORNING SNACKS	LUNCH	EVENING SNACKS	DINNER
MONDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>1 medium bowl Paneer bhurji (60 g paneer + ¼ medium bowl spinach + ¼ medium bowl broccoli + 2 tbsp oil) + 2 soaked walnuts + 2 tbsp pumpkin seeds</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl Palak paneer (60 g paneer + ½ medium bowl spinach + 2 tbsp healthy oil) + 1 medium bowl cabbage stir fry (1 medium bowl cabbage + 1 tbsp butter)</p> 	<p>100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl butter broccoli and paneer (60 g paneer + ½ medium bowl broccoli + 2 tbsp butter)</p> 
TUESDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Greek yogurt bowl/curd (200 g greek yogurt/curd + 8-10 mixed berries + 2 tbsp flaxseeds) + 4 soaked walnuts + 2 tsp pumpkin seeds</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl coconut cream vegetable curry (½ medium bowl bell pepper + ¼ medium bowl beans + ¼ medium bowl thick coconut milk + 1 tbsp coconut oil)</p> 	<p>100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl paneer bhurji (50 g paneer + one tomato + one onion + 2 tbsp healthy oil)</p> 
WEDNESDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Cucumber sticks with peanut butter (1 cucumber + 60 g peanut butter + 2 tbsp flaxseeds) + 2 soaked walnuts + 2 tsp pumpkin seeds</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl stir fry spinach and cabbage (½ medium bowl spinach + ½ medium bowl cabbage + 3 tbsp olive oil or coconut oil) + 2 tsp pumpkin seeds</p> 	<p>100 g greek yogurt/curd + 2 tbsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 coconut chapati (15 g coconut flour + 1 tbsp psyllium husk - cook in 2 tbsp ghee) + 1 tbsp butter on top</p> 
THURSDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Avocado paneer bowl (100 g paneer + 1/2 avocado + 1/2 cup spinach + 1 carrot + 2 tbsp healthy oil)</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl coconut + spinach + almond curry (¼ medium cup thick coconut milk + 2 tbsp coconut oil + 1 cup spinach + 50 g t ofu) + 1 coconut chapati (15 g coconut flour + 1 tbsp psyllium husk - cook in 1 tbsp ghee)</p> 	<p>100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl coconut stir fry veggies (½ medium bowl spinach + ¼ medium bowl beans + 3 tbsp grated coconut + 2 tbsp coconut oil/olive oil)</p> 
FRIDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Seeds + peanut butter mix (2 tbsp peanut butter + 2 tbsp sunflower seeds + 1 tsp flax seeds + 2 tbsp pumpkin seeds + 1 lettuce + 1 cucumber)</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl sautee veg (spinach + broccoli + 2 tbsp butter + 1 tbsp olive oil) + 150 g full fat greek yogurt</p> 	<p>100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl seed butter veg curry (one cup mix veg - carrot, spinach, tomato + 1 tbsp pumpkin seed paste + 2 tbsp butter + 1 tbsp healthy oil)</p> 
SATURDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Curd peanut smoothie (200 g full fat curd + 2 tbsp peanut butter + 1 tbsp healthy oil + one cup spinach + 1 tbsp pumpkin seeds)</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl butter soya chunk masala (40 g dry soya chunks + 2 tbsp butter + 2 tbsp healthy oil + one cup spinach)</p> 	<p>100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl mushroom butter fry (100 g mushroom + 2 tbsp butter) + 1 medium bowl sautee broccoli and cabbage (½ medium bowl cabbage + ½ medium bowl broccoli + 1 tbsp healthy oil)</p> 
SUNDAY	<p>1 glass lukewarm water with 2 tsp soaked chia seeds + 2 soaked walnuts</p> 	<p>Scrambled eggs with spinach (use two whole eggs + 1 small bowl spinach + 3 tbsp butter) + 2 soaked walnuts + 2 tsp pumpkin seeds</p> 	<p>¼ medium bowl fresh raw coconut OR 1 boiled egg with 1 tsp butter</p> 	<p>1 medium bowl chicken curry (70 g chicken + one tomato + one onion + 2 tbsp butter) + 1 medium bowl spinach - stir fry in butter (1 medium bowl spinach + 1 tbsp butter)</p> 	<p>100 g greek yogurt/curd + 2 tsp mixed seeds (flax, pumpkin, sunflower) OR 1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds) OR 1 small bowl peanuts</p> 	<p>1 medium bowl fish curry (50 g fish + 1 tomato + 1 onion + 5-6 coriander leaves + 2 tbsp healthy oil)</p> 

References:

- Epilepsy Foundation. Ketogenic Diet. [Internet]. Available at: <https://www.epilepsy.com/treatment/dietary-therapies/ketogenic-diet>. Accessed on Mar 20, 2026.
- Epilepsy society. Ketogenic Diet. [Internet]. Available at: <https://epilepsysociety.org.uk/about-epilepsy/treatment/ketogenic-diet>. Accessed on Mar 20, 2026.
- Frontier in Neuroscience. Ketogenic Diet and Epilepsy: What We Know So Far. [Internet]. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6361831/>. Accessed on Mar 20, 2026.
- Nutrients. Ketogenic Diet and Epilepsy. [Internet]. Available at: <https://www.mdpi.com/555726>. Accessed on Mar 20, 2026.
- Cochranelibrary. Ketogenic diet and other dietary



DR. ABHISHEK GOYAL

ABHISHEK BRAIN & SPINE CENTRE, ALWAR.

Disclaimer: This is an educational content and is meant for reference purposes only and not meant to replace your doctor's advice. Kindly consult your doctor for more information on managing seizure episode

