

|           | 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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed seeds and nuts (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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<br/><b>OR</b><br/>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)<br/><b>OR</b><br/>1 small bowl mixed nuts and seeds (2 soaked walnuts + 2 tsp flax seeds + 2 tsp pumpkin seeds)<br/><b>OR</b><br/>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:

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