

Fatty Liver Diet Chart (Weekly Indian Meal Plan)

This is a sample weekly meal plan to help naturally reverse fatty liver using clean, plant-based Indian meals.

DAY	BREAKFAST	LUNCH	DINNER

Monday	Moong chilla + mint chutney	Red rice + dal + lauki curry	Steamed veg + soup

Tuesday	Millet upma + ginger tea	Roti + methi sabzi + curd	Khichdi + palak stir fry

Wednesday	Oats + chia + berries	Brown rice + chana curry	Veg stew + salad

Thursday	Besan pancake + turmeric tea	Tofu bhurji + roti + cucumber salad	Moong dal + cabbage sabzi

Friday	Spinach-flax smoothie	Rajma + quinoa	Mixed sprouts + soup

Saturday	Veg poha (no sugar)	Daliya + stir-fried bhindi	Steamed lauki + garlic dal

Sunday	Idli + herbal tea	Khichdi + beetroot salad	Moong soup + saag bhaji

Tips:

- Avoid white rice, refined oils, fried snacks.

- Add turmeric, garlic, ginger daily.
- No food after 8 PM.
- Use cold-pressed olive or coconut oil only.

For a full reversal plan with natural supplements and diet guidance, visit:

<https://reversefattyLiverquickly.com/go/naflD-cure>