

7-Day Diet Plan for Boosting Vitamin B12

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Milk + Fortified cereal	Paneer curry + roti + salad	Grilled chicken/fish + veg soup	Curd with fruit
Day 2	Eggs + toast	Dal + rice + spinach + curd	Mutton curry + rice	Handful of nuts
Day 3	Smoothie (milk, banana, seeds)	Rajma + rice + curd	Fish curry + veg + roti	Cheese cubes
Day 4	Paneer paratha + curd	Vegetable pulao + raita	Egg curry + roti	Fortified energy bar
Day 5	Idli + sambar + curd	Chole + rice + salad	Grilled salmon/sardines	Buttermilk
Day 6	Oats with milk & nuts	Vegetable khichdi + curd	Lamb stew + rice	Fruit + paneer cubes
Day 7	Poha with peanuts + milk	Bhindi sabzi + roti + curd	Chicken biryani + salad	Boiled eggs

Notes:

- 1. Vegetarians should rely more on milk, paneer, curd, fortified cereals.
- 2. Non-vegetarians can include fish, chicken, eggs, and lamb for higher B12 intake.
- 3. Stay hydrated and maintain regular exercise for overall health.
- 4. Consult your doctor before starting supplements or injections.