

Ayurvedic Nutritionist Akshay Jain

Exam Diet Plan for Students (Vegetarian)

Early Morning (6:00 - 7:00 AM)

- **Option 1:** 5 soaked almonds + 2 walnuts + warm water
- **Option 2:** 1 banana + 1 glass of lukewarm water with honey
- **Option 3:** Homemade lemon water or coconut water
- **Option 4:** Warm turmeric milk (haldi doodh)
- **Option 5:** A glass of buttermilk with black salt

Breakfast (8:00 - 9:00 AM)

- **Option 1:** Vegetable poha + curd
- **Option 2:** Besan chilla (gram flour pancake) + mint chutney
- **Option 3:** Upma (semolina) with vegetables + herbal tea
- **Option 4:** Paratha (with less oil) + homemade pickle + curd
- **Option 5:** Sprouted moong dal salad with lemon

Mid-Morning Snack (11:00 AM)

- **Option 1:** Roasted peanuts + jaggery
- **Option 2:** Sprouted chana with chopped onions & tomatoes
- **Option 3:** A seasonal fruit (guava/orange/apple)
- **Option 4:** Handful of roasted makhana (fox nuts)
- **Option 5:** Curd with flaxseeds

Lunch (1:00 - 2:00 PM)

- **Option 1:** Roti + dal + sabzi (vegetable) + salad
- **Option 2:** Rajma/Chole + rice + onion salad
- **Option 3:** Khichdi with homemade ghee + pickle
- **Option 4:** Curd rice with roasted cumin powder
- **Option 5:** Bajra roti + jaggery + ghee

Afternoon Snack (4:00 PM)

- **Option 1:** A glass of chaach (buttermilk)
- **Option 2:** A bowl of murmura (puffed rice) with peanuts
- **Option 3:** Roasted chana (black gram) + a handful of peanuts
- **Option 4:** A homemade fruit smoothie (without sugar)
- **Option 5:** 1 boiled sweet potato + black salt

Dinner (7:00 - 8:00 PM)

- **Option 1:** Dal + roti + sabzi (simple home-cooked meal)
- **Option 2:** Vegetable khichdi + curd
- **Option 3:** Light paneer bhurji with roti
- **Option 4:** Moong dal dosa with coconut chutney
- **Option 5:** Mixed vegetable soup + toasted whole wheat bread

Bedtime (9:00 - 10:00 PM)

- **Option 1:** Warm milk with a pinch of nutmeg
- **Option 2:** A small piece of jaggery + fennel seeds
- **Option 3:** Soaked raisins and almonds
- **Option 4:** Herbal tea (tulsi + ginger + honey)
- **Option 5:** A small bowl of homemade kheer (without sugar)

Extra Tips to Stay Energetic & Stress-Free

- Drink at least **8 glasses of water** per day.
- Avoid **junk food, excess sugar, and tea/coffee**.
- Take **short breaks** while studying to refresh your mind.
- Sleep for **at least 7-8 hours** for better memory and focus.
- Do **light yoga or stretching** in the morning.

This meal plan is **affordable**, made with **homemade ingredients**, and perfect for **boosting memory, focus, and energy** during exams.