

Your Diet Plan

BMI:

Day	Breakfast (Quantity: 1 serving)	Lunch (Quantity: 1 serving)	Dinner (Quantity: 1 serving)
Monday	Moong Dal Cheela (2 small cheelas)	Rajma (1 cup) with brown rice (1/2 cup) and a small salad	Vegetable Pulao (1.5 cups) with curd (1/2 cup)
Tuesday	Oats Porridge (1/2 cup oats with milk and fruits)	Mixed Vegetable Curry (1 cup) with 2 Rotis	Palak Paneer (without paneer, use more palak) (1.5 cups) with 1 roti
Wednesday	Sprouts Salad (1 cup) with a small piece of brown bread	Chole (1 cup) with brown rice (1/2 cup) and salad	Vegetable Biryani (1.5 cups)
Thursday	Besan Chilla (2 small cheelas)	Aloo Gobi (1 cup) with 2 Rotis	Dal Fry (1 cup) with brown rice (1/2 cup)
Friday	Vegetable Upma (1 cup)	Bhindi Masala (1 cup) with 2 Rotis	Moong Dal Khichdi (1.5 cups)
Saturday	Idli (2 small idlis) with Sambar (1/2 cup)	Baingan Bharta (1 cup) with 2 Rotis	Mixed Vegetable Curry (1 cup) with 1 roti and curd (1/2 cup)
Sunday	Fruit Salad (1.5 cups) with low-fat yogurt (1/2 cup)	Rajma Chawal (1 cup Rajma, 1/2 cup rice)	Paneer (replace with more vegetables) Bhurji (1 cup) with 1 roti
Nutrient	Approximate Values (per day) - These are estimates and can vary based on specific recipes and portion sizes. Consult a nutritionist for personalized values.		
Calories	1200-1500		
Protein	40-50g		
Carbohydrates	150-180g		
Fat	20-30g		
Fiber	25-35g		