

Your Diet Plan

BMI: 25.847768218818715

| Day | Breakfast (approx. 300 calories) | Lunch (approx. 400 calories) | Dinner (approx. 350 calories) |
|-----------------------|--|---|---|
| Monday | 1 cup Oats porridge with 1/2 cup skimmed milk and 1/4 cup chopped fruits | 1 cup Moong Dal Cheela (2 medium-sized) with 1/2 cup curd and a small salad | 1.5 cups Vegetable khichdi with 1/2 cup mixed vegetable salad |
| Tuesday | 1 cup Sprouts salad (mixed) with 1/4 cup chopped cucumber and tomato | 1.5 cups Vegetable Pulao (brown rice) with 1/2 cup raita | 1 cup Palak Paneer (without cream) with 1 roti (whole wheat) |
| Wednesday | 1 cup Besan Chilla (small) with 1/2 cup green chutney | 1 cup Rajma (kidney beans curry) with 1 roti (whole wheat) and salad | 1 cup Vegetable curry (low oil) with 1 roti (whole wheat) |
| Thursday | 1 cup Mixed vegetable upma with 1/4 cup chopped vegetables | 1.5 cups Mixed vegetable curry with 1 roti (whole wheat) and salad | 1 cup Masoor Dal (red lentil soup) with 1 roti (whole wheat) |
| Friday | 1 cup Oats porridge with 1/2 cup skimmed milk and 1/4 cup chopped fruits | 1 cup Chole (chickpea curry) with 1 roti (whole wheat) and salad | 1.5 cups Vegetable khichdi with 1/2 cup mixed vegetable salad |
| Saturday | 1 cup Sprouts salad (mixed) with 1/4 cup chopped cucumber and tomato | 1.5 cups Vegetable Pulao (brown rice) with 1/2 cup raita | 1 cup Palak Paneer (without cream) with 1 roti (whole wheat) |
| Sunday | 1 cup Besan Chilla (small) with 1/2 cup green chutney | 1 cup Rajma (kidney beans curry) with 1 roti (whole wheat) and salad | 1 cup Vegetable curry (low oil) with 1 roti (whole wheat) |
| Nutrient | Quantity | | |
| Calories | 1050-1100 | | |
| Protein (grams) | 40-50 | | |
| Carbohydrates (grams) | 150-180 | | |
| Fat (grams) | 20-30 | | |
| Fiber (grams) | 25-35 | | |