

Your Diet Plan

BMI: 25.847768218818715

| Day | Breakfast (approx. 300 calories) | Lunch (approx. 400 calories) | Dinner (approx. 350 calories) |
|-----------|---|---|---|
| Monday | Moong Dal Cheela (2 medium): 1 cup moong dal batter, 1/4 tsp oil | Mixed Vegetable Salad (1.5 cups) with 1 Roti (small): 1/2 cup chopped cucumber, tomatoes, carrots, 1/4 cup chopped onions, 1/4 tsp lemon juice, 1 tsp olive oil | Palak Paneer (without paneer) (1.5 cups) with 1 Roti (small): 1 cup spinach, 1/2 cup chopped onions, tomatoes, spices |
| Tuesday | Oats Porridge (1 cup): 1/2 cup rolled oats, 1 cup water, 1/4 cup milk, 1/2 tsp cinnamon | Rajma (1.5 cups) with 1 Roti (small): 1 cup rajma cooked without oil, 1/4 cup chopped onions, tomatoes | Vegetable Pulao (1.5 cups): 1 cup rice, 1/2 cup mixed vegetables, spices |
| Wednesday | Sprouts Salad (1.5 cups): 1/2 cup mixed sprouts, 1/4 cup chopped cucumber, tomatoes, onions, 1 tbsp lemon juice | Chole (1 cup) with 1 Roti (small): 1/2 cup chole, 1/4 cup chopped onions, tomatoes | Masoor Dal Khichdi (1.5 cups): 1/2 cup masoor dal, 1/2 cup rice, spices |
| Thursday | Besan Chilla (2 medium): 1 cup besan batter, 1/4 tsp oil | Aloo Gobi (1.5 cups) with 1 Roti (small): 1 cup potato and cauliflower, spices | Mixed Vegetable Curry (1.5 cups) with 1 Roti (small): 1 cup mixed vegetables, spices |
| Friday | Idli (2 medium) with Sambar (1/2 cup): Steamed Idli, vegetable sambar | Bhindi Masala (1.5 cups) with 1 Roti (small): 1 cup bhindi, 1/2 cup chopped onions, tomatoes, spices | Vegetable Biryani (1.5 cups): 1 cup rice, 1/2 cup mixed vegetables, spices |
| Saturday | Upma (1 cup): 1/2 cup semolina, 1/2 cup water, vegetables | Baingan Bharta (1.5 cups) with 1 Roti (small): 1 cup brinjal, spices | Moong Dal Cheela (2 medium): 1 cup moong dal batter, 1/4 tsp oil |
| Sunday | Poha (1 cup): 1/2 cup flattened rice, vegetables | Paneer (without paneer) (1.5 cups) with 1 Roti (small): 1 cup spinach, 1/2 cup chopped onions, tomatoes, spices | Vegetable Curry (1.5 cups) with 1 Roti (small): 1 cup mixed vegetables, spices |
| Nutrient | Approx. Daily Intake | | |
| Calories | 1050-1100 | | |

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|-----------------------|---------|--|--|
| Protein (grams) | 50-60 | | |
| Carbohydrates (grams) | 150-180 | | |
| Fat (grams) | 20-30 | | |
| Fiber (grams) | 25-30 | | |