

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 fruits	1.5 cups Moong Dal Cheela (2 medium size) with 1/2 cup curd	1.5 cups Vegetable Pulao with 1/2 cup mixed vegetable curry
Tuesday	1 cup Vegetable Upma (using semolina)	1 cup Rajma (kidney beans) with 1 small roti (atta) and salad	1 cup Mixed Vegetable Curry with 1 small roti (atta)
Wednesday	2 Idlis (small) with 1/4 cup Sambar and 1/4 cup coconut chutney	1.5 cups Palak Paneer (using low-fat paneer) with 1 small roti (atta)	1 cup Besan Chilla (gram flour pancake) with 1/2 cup curd
Thursday	1 cup Sprouts salad with 1/4 cup chopped cucumber and tomato	1 cup Chole (chickpea curry) with 1 small roti (atta)	1 cup Vegetable Biryani (brown rice)
Friday	1 cup Poha (flattened rice) with 1/4 cup chopped vegetables	1 cup Aloo Gobi (potato and cauliflower curry) with 1 small roti (atta)	1 cup Moong Dal Khichdi (using brown rice)
Saturday	1 cup Vegetable Sandwich (brown bread)	1 cup Vegetable curry with 1 small brown rice	1 cup Dal fry with 1 small roti(atta)
Sunday	1 cup Fruits (apple, banana, orange)	1.5 cups Mixed Vegetable Pulao	1 cup Vegetable Soup with 1 slice brown bread
Nutrient	Approximate Values (per day)		
Calories	1050-1100		
Protein (grams)	50-60		
Carbohydrates (grams)	150-170		
Fat (grams)	25-35		
Fiber (grams)	25-30		