

# 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		