

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 a small handful of berries.	1.5 cup Moong Dal Cheela (made with whole wheat flour) with 1/2 cup Raita.	1.5 cup Vegetable Pulao (made with brown rice) with 1/2 cup mixed vegetable curry.
Tuesday	1 cup Sprouts salad (mixed sprouts) with 1/4 cup chopped cucumber and tomato.	1 cup Vegetable Biryani (made with brown rice) with 1/2 cup raita.	2 small Vegetable stuffed parathas (whole wheat) with 1/2 cup curd.
Wednesday	2 Idlis (made from rice and lentils) with 1/2 cup Sambar and 1/4 cup coconut chutney.	1.5 cup Mixed vegetable curry with 1 chapati (whole wheat).	1.5 cup Rajma Masala (made with kidney beans) with 1 chapati (whole wheat).
Thursday	1 cup Besan Chilla (Gram flour pancake) with 1/2 cup chopped vegetables.	1 cup Vegetable khichdi with 1/2 cup curd.	1 cup Palak Paneer (using low fat paneer) with 2 roti (whole wheat).
Friday	1 cup Upma (made with semolina) with 1/4 cup chopped vegetables.	1 cup Aloo Gobi Sabzi (Potato and Cauliflower curry) with 2 roti (whole wheat).	1 cup Moong Dal Khichdi with 1/2 cup mixed vegetable salad.
Saturday	1 cup Smoothie (made with banana, spinach, and skimmed milk).	1.5 cup Mixed vegetable curry with 1 chapati (whole wheat).	1 cup Vegetable Pulao (made with brown rice) with 1/2 cup cucumber raita.
Sunday	2 pieces of whole wheat toast with 1/4 avocado and a small tomato.	1 cup Daal fry (made with lentils) with 1 cup brown rice.	1.5 cup Mixed vegetable curry with 1 chapati (whole wheat).
Nutrient	Quantity		
Calories	1050 -1100		
Protein (grams)	50-60		
Carbohydrates (grams)	150-180		
Fat (grams)	20-25		
Fiber (grams)	25-30		