

Your Diet Plan

BMI: 26.314635323012148

Day	Breakfast (approx. 300 calories)	Lunch (approx. 400 calories)	Dinner (approx. 350 calories)
Monday	Moong Dal Cheela (2 medium) with 100ml of Buttermilk	Mixed Vegetable Salad (1.5 cups) with 2 Rotis (whole wheat) and 100g Daal (lentil soup)	Palak Paneer (without paneer, 1.5 cups) with 1 Roti
Tuesday	Oats Porridge (1/2 cup oats) with 100ml milk (low-fat) and fruits (1/2 cup)	Rajma (1.5 cups) with 2 Rotis	Vegetable Pulao (1.5 cups) with raita (1/2 cup)
Wednesday	Sprouts Salad (1 cup) with 1 small whole wheat toast	Chole (1.5 cups) with 2 Rotis	Aloo Gobi (1.5 cups) with 1 Roti
Thursday	Besan Chilla (2 medium) with 100ml of Buttermilk	Mixed Vegetable Curry (1.5 cups) with 2 Rotis	Moong Dal Khichdi (1.5 cups)
Friday	Vegetable Upma (1 cup)	Bhindi Masala (1.5 cups) with 2 Rotis	Paneer (without paneer, 1.5 cups) with 1 Roti
Saturday	Oats Porridge (1/2 cup oats) with 100ml milk (low-fat) and fruits (1/2 cup)	Masoor Dal (1.5 cups) with 2 Rotis	Vegetable Biryani (1.5 cups, less oil)
Sunday	Idli (2 small) with Sambar (1/2 cup) and Chutney (1 tbsp)	Vegetable Khichdi (1.5 cups)	Mixed Vegetable Curry (1.5 cups) with 1 Roti
Nutrient	Approximate Daily Intake		
Calories	1000-1100		
Protein	50-60g		
Carbohydrates	150-180g		
Fat	20-30g		
Fiber	25-30g		