

# 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		

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