

7-Day Kerala-Style Fat-Loss Diet Plan

Day 1

Breakfast: 2 idlis + sambar + green tea

Lunch: Kerala red rice (½ cup) + matta fish curry + cabbage thoran + rasam

Snack: Roasted kadala (black chana)

Dinner: Oats kanji + carrot mezhukkupuratti

Day 2

Breakfast: 1 appam + vegetable stew (light coconut milk)

Lunch: Brown rice + moru curry + okra thoran + grilled sardines

Snack: 1 banana (small, nendran raw/boiled if possible)

Dinner: Millet upma with peas + cucumber salad

Day 3

Breakfast: 2 dosa + coconut chutney + herbal tea

Lunch: Ragi puttu + kadala curry + beetroot thoran

Snack: Buttermilk + a few almonds

Dinner: Vegetable soup + 1 boiled egg + sautéed spinach

Day 4

Breakfast: Idiyappam (2 small) + moong dal curry

Lunch: Red rice + fish molee (light) + long beans mezhukkupuratti

Snack: Coconut water + half papaya

Dinner: Broken wheat kanji + vegetable stir-fry

Day 5

Breakfast: Ragi dosa + tomato chutney + herbal tea

Lunch: Turmeric rice (lightly spiced) + avial + grilled prawns

Snack: Sliced cucumber + lemon water

Dinner: Masoor dal soup + stir-fried mushrooms + 1 boiled tapioca slice

Day 6

Breakfast: Green gram sundal + 1 boiled egg

Lunch: Red rice + spinach parippu curry + snake gourd thoran + buttermilk

Snack: 1 boiled sweet potato (small)

Dinner: Millet porridge + okra stir-fry

Day 7

Breakfast: Oats dosa + chutney + herbal tea

Lunch: Rice + meen peera + cabbage-carrot thoran + rasam

Snack: Roasted peanuts (small handful)

Dinner: Tomato kanji + sautéed veggies + 1 boiled egg

Shopping List

- Kerala red rice
- Brown rice
- Millets
- Oats
- Ragi flour
- Idli/dosa batter
- Fish (sardines, mackerel, prawns)
- Eggs
- Green gram
- Black chana
- Moong dal
- Masoor dal
- Vegetables (cabbage, beetroot, spinach, okra, long beans, carrots, tomato, etc.)
- Papaya
- Banana (nendran)
- Coconut (fresh/grated)
- Coconut oil
- Herbal/green tea
- Almonds
- Peanuts
- Buttermilk
- Spices (mustard seeds, cumin, turmeric, pepper, garlic, ginger)