

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none"> - Paneer Paratha + Dahi + Pickle (2 parathas + 1 small bowl + 1 tbsp) - Poha + Sev (1.5 medium plate + 1.5 small portion) <p>Cal: 618 P 20g C 74g F 26g</p>	<ul style="list-style-type: none"> - Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis) - Rajma Chawal + Papad + Pickle (0.5 medium bowl + 0.5 large plate + 1 pieces + 0.5 tbsp) <p>Cal: 865 P 34g C 123g F 31g</p>	<ul style="list-style-type: none"> - Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl) - Tehri + Raita + Papad (1 large plate + 1 small bowl + 2 pieces) <p>Cal: 989 P 32g C 86g F 35g</p>
Day 2	<ul style="list-style-type: none"> - Gobi Paratha + Dahi + Achaar (2 parathas + 1 small bowl + 1 tbsp) - Dhokla + Green Chutney (1 pieces + 0.5 tbsp chutney) <p>Cal: 618 P 20g C 88g F 21g</p>	<ul style="list-style-type: none"> - Paneer Tikka + Roti + Dal (1 pieces + 1 rotis + 0.5 small bowl) - Chole + Rice + Papad (0.5 medium bowl + 0.5 large plate + 1 pieces) <p>Cal: 865 P 36g C 89g F 31g</p>	<ul style="list-style-type: none"> - Dal Baati Churma + Ghee + Pickle (1.5 baatis + 0.5 medium bowl + 1 tbsp + 0.5 tbsp) - Khichdi + Pickle + Papad + Ghee + Curd (1 bowl + 1 tsp pickle + 1 papad + 1 tsp ghee + 1 bowl curd) <p>Cal: 989 P 30g C 134g F 35g</p>
Day 3	<ul style="list-style-type: none"> - Thepla + Curd + Pickle (3 theplas + 1 bowl curd + 1 tsp pickle) - Idli Sambhar + Chutney (1 pieces + 0.5 small bowl + 1.5 tbsp) <p>Cal: 618 P 22g C 96g F 18g</p>	<ul style="list-style-type: none"> - Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis) - Aloo Gobi + Roti + Dal (0.5 medium bowl + 1 rotis + 0.5 small bowl) <p>Cal: 865 P 34g C 129g F 30g</p>	<ul style="list-style-type: none"> - Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl) - Tehri + Raita + Papad (1 large plate + 1 small bowl + 2 pieces) <p>Cal: 989 P 32g C 86g F 35g</p>
Day 4	<ul style="list-style-type: none"> - Mooli Paratha + Dahi + Pickle (2 parathas + 1 small bowl + 1 tbsp) - Sabudana Khichdi (1 bowl) <p>Cal: 618 P 14g C 101g F 20g</p>	<ul style="list-style-type: none"> - Paneer Tikka + Roti + Dal (1 pieces + 1 rotis + 0.5 small bowl) - Chole + Rice + Papad (0.5 medium bowl + 0.5 large plate + 1 pieces) <p>Cal: 865 P 36g C 89g F 31g</p>	<ul style="list-style-type: none"> - Dal Baati Churma + Ghee + Pickle (1.5 baatis + 0.5 medium bowl + 1 tbsp + 0.5 tbsp) - Khichdi + Pickle + Papad + Ghee + Curd (1 bowl + 1 tsp pickle + 1 papad + 1 tsp ghee + 1 bowl curd) <p>Cal: 989 P 30g C 134g F 35g</p>
Day 5	<ul style="list-style-type: none"> - Paneer Paratha + Dahi + Pickle (2 parathas + 1 small bowl + 1 tbsp) - Poha + Sev (1.5 medium plate + 1.5 small portion) <p>Cal: 618 P 20g C 74g F 26g</p>	<ul style="list-style-type: none"> - Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis) - Rajma Chawal + Papad + Pickle (0.5 medium bowl + 0.5 large plate + 1 pieces + 0.5 tbsp) <p>Cal: 865 P 34g C 123g F 31g</p>	<ul style="list-style-type: none"> - Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl) - Tehri + Raita + Papad (1 large plate + 1 small bowl + 2 pieces) <p>Cal: 989 P 32g C 86g F 35g</p>

Day	Breakfast	Lunch	Dinner
Day 6	<div>- Gobi Paratha + Dahi + Achaar (2 parathas + 1 small bowl + 1 tbsp)</div> <div>- Dhokla + Green Chutney (1 pieces + 0.5 tbsp chutney)</div> <div>Cal: 618 P 20g C 88g F 21g</div>	<div>- Paneer Tikka + Roti + Dal (1 pieces + 1 rotis + 0.5 small bowl)</div> <div>- Chole + Rice + Papad (0.5 medium bowl + 0.5 large plate + 1 pieces)</div> <div>Cal: 865 P 36g C 89g F 31g</div>	<div>- Dal Baati Churma + Ghee + Pickle (1.5 baatis + 0.5 medium bowl + 1 tbsp + 0.5 tbsp)</div> <div>- Khichdi + Pickle + Papad + Ghee + Curd (1 bowl + 1 tsp pickle + 1 papad + 1 tsp ghee + 1 bowl curd)</div> <div>Cal: 989 P 30g C 134g F 35g</div>
Day 7	<div>- Thepla + Curd + Pickle (3 theplas + 1 bowl curd + 1 tsp pickle)</div> <div>- Idli Sambhar + Chutney (1 pieces + 0.5 small bowl + 1.5 tbsp)</div> <div>Cal: 618 P 22g C 96g F 18g</div>	<div>- Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis)</div> <div>- Aloo Gobi + Roti + Dal (0.5 medium bowl + 1 rotis + 0.5 small bowl)</div> <div>Cal: 865 P 34g C 129g F 30g</div>	<div>- Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl)</div> <div>- Tehri + Raita + Papad (1 large plate + 1 small bowl + 2 pieces)</div> <div>Cal: 989 P 32g C 86g F 35g</div>

Daily Nutritional Summary

- Day 1: 2472 kcal | Protein 86g ; Carbohydrates 283g ; Fats 92g)
- Day 2: 2472 kcal | Protein 86g ; Carbohydrates 311g ; Fats 88g)
- Day 3: 2472 kcal | Protein 89g ; Carbohydrates 311g ; Fats 83g)
- Day 4: 2472 kcal | Protein 80g ; Carbohydrates 323g ; Fats 87g)
- Day 5: 2472 kcal | Protein 86g ; Carbohydrates 283g ; Fats 92g)
- Day 6: 2472 kcal | Protein 86g ; Carbohydrates 311g ; Fats 88g)
- Day 7: 2472 kcal | Protein 89g ; Carbohydrates 311g ; Fats 83g)

Plan Summary

Average Calories: 2474 kcal/day

Average Macros - Protein: 118g, Carbs: 343g, Fats: 98g