

## Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Snack	Dinner
Day 1	<p>- Moong dal dosa (3 pieces (285g))</p> <p>Cal: 427   P 17g   C 71g   F 11g</p>	<p>- Palak Paneer + Roti + Dal (1 portion (380g))</p> <p>- Rasam (1 bowls (180ml))</p> <p>Cal: 640   P 30g   C 79g   F 25g</p>	<p>- Punugulu (1 portions (85g))</p> <p>Cal: 213   P 5g   C 26g   F 8g</p>	<p>- Chana Masala + Rice + Roti (1 portion)</p> <p>- Curd Rice (0.5 bowls (134g))</p> <p>Cal: 640   P 23g   C 113g   F 14g</p>
Day 2	<p>- Rava Idli (6 pieces (305g))</p> <p>Cal: 427   P 18g   C 92g   F 6g</p>	<p>- Chicken Tikka Masala + Rice + Roti (1 portions)</p> <p>Cal: 643   P 34g   C 76g   F 25g</p>	<p>- Chana Sprout Salad + Yogurt Dressing (1 bowls (196g))</p> <p>Cal: 213   P 13g   C 30g   F 6g</p>	<p>- Dal Makhani + Jeera Rice + Roti (1 portions)</p> <p>Cal: 640   P 26g   C 90g   F 23g</p>
Day 3	<p>- Masala Dosa + Sambhar + Chutney (1 portion)</p> <p>Cal: 439   P 12g   C 64g   F 15g</p>	<p>- Rajma Chawal + Papad + Pickle (1 portion)</p> <p>- Pulihora (1 bowls (141g))</p> <p>Cal: 640   P 20g   C 98g   F 21g</p>	<p>- Moong Sprout Chaat + Green Chutney (1.5 bowls (194g))</p> <p>Cal: 213   P 13g   C 28g   F 5g</p>	<p>- Paneer Tikka + Roti + Dal (1 portion)</p> <p>- Rasam (0.5 bowls (60ml))</p> <p>Cal: 640   P 29g   C 55g   F 26g</p>
Day 4	<p>- Puttu &amp; Kadala Curry (1 portion)</p> <p>- Murukku (0.5 portions (8.5g))</p> <p>Cal: 427   P 12g   C 69g   F 11g</p>	<p>- Mutton Curry + Roti + Salad (1 portion)</p> <p>- Curd Rice (0.5 bowls (86g))</p> <p>Cal: 640   P 37g   C 49g   F 36g</p>	<p>- Medu Vada (1 pieces (71g))</p> <p>Cal: 213   P 7g   C 28g   F 10g</p>	<p>- Chicken Curry Meals (1 portion)</p> <p>- Pulihora (0.5 bowls (104g))</p> <p>Cal: 640   P 25g   C 92g   F 19g</p>
Day 5	<p>- Gobi Paratha + Dahi + Achaar (1 portion)</p> <p>- Murukku (0.5 portions (6.25g))</p> <p>Cal: 445   P 13g   C 56g   F 18g</p>	<p>- Veg Biryani + Raita + Papad (1 portion)</p> <p>- Rasam (3 bowls (465ml))</p> <p>Cal: 640   P 17g   C 109g   F 17g</p>	<p>- Mysuru Bonda (2 pieces (76g))</p> <p>Cal: 213   P 6g   C 30g   F 9g</p>	<p>- Chole + Rice + Papad (1 portion)</p> <p>- Pulihora (0.5 bowls (63g))</p> <p>Cal: 640   P 18g   C 98g   F 14g</p>
Day 6	<p>- Egg Bhurji + Roti + Salad (1.5 plates (266g))</p> <p>Cal: 427   P 24g   C 43g   F 20g</p>	<p>- Kadhi Pakora + Rice + Pickle (1 portion)</p> <p>- Rasam (0.5 bowls (90ml))</p> <p>Cal: 640   P 17g   C 94g   F 22g</p>	<p>- Soybean Sprout Salad + Lemon (1 bowls (175g))</p> <p>Cal: 213   P 15g   C 24g   F 8g</p>	<p>- Stuffed Eggplant + Bajra Roti (1 portion)</p> <p>- Chepa Pulusu + Rice (1 portions (255g))</p> <p>Cal: 640   P 31g   C 90g   F 20g</p>

Day	Breakfast	Lunch	Snack	Dinner
Day 7	<div>- Poha + Peanuts (1 plates (305g))</div> <div>Cal: 427   P 10g   C 85g   F 10g</div>	<div>- Dal Rice+ Ghee + Pickle (1 portion)</div> <div>- Rasam (2 bowls (300ml))</div> <div>Cal: 640   P 18g   C 108g   F 14g</div>	<div>- Banana Fritters (3 pieces (82g))</div> <div>Cal: 213   P 3g   C 33g   F 8g</div>	<div>- Parotta Veg Kurma (1.5 portions (334g))</div> <div>Cal: 640   P 11g   C 99g   F 20g</div>

Daily Nutritional Summary

Day 1: 1920 kcal | Protein 76g ; Carbohydrates 288g ; Fats 59g )  
Day 2: 1923 kcal | Protein 91g ; Carbohydrates 288g ; Fats 60g )  
Day 3: 1932 kcal | Protein 75g ; Carbohydrates 246g ; Fats 68g )  
Day 4: 1920 kcal | Protein 82g ; Carbohydrates 238g ; Fats 76g )  
Day 5: 1938 kcal | Protein 54g ; Carbohydrates 294g ; Fats 59g )  
Day 6: 1920 kcal | Protein 86g ; Carbohydrates 251g ; Fats 70g )  
Day 7: 1920 kcal | Protein 41g ; Carbohydrates 325g ; Fats 52g )

Plan Summary

Average Calories: 2135 kcal/day  
Average Macros - Protein: 99.0g, Carbs: 292.0g, Fats: 90.0g