

Personalized 7-Day Diet Plan

Day	Breakfast	Dinner	Lunch	Snacks
Day 1	Vegetable Omelette with Gluten-free Bread	Grilled Chicken Salad	Chickpea Curry with Brown Rice	Handful of Almonds
Day 2	Quinoa Poha	Fish Curry with Brown Rice	Paneer Tikka with Quinoa	Apple
Day 3	Buckwheat Pancakes	Grilled Veggies with Quinoa	Dal Tadka with Brown Rice	Handful of Walnuts
Day 4	Fruit Salad	Veggie Stir Fry with Quinoa	Soya Chunks Curry with Brown Rice	Banana
Day 5	Gluten-free Muesli with Almond Milk	Grilled Chicken with Quinoa Salad	Chole with Brown Rice	Cucumber Sticks with Hummus
Day 6	Gluten-free Veggie Wrap	Tofu Stir Fry with Quinoa	Rajma with Brown Rice	Handful of Berries
Day 7	Overnight Oats with Almond Milk	Grilled Veggies with Quinoa	Mixed Vegetable Curry with Brown Rice	Carrot Sticks with Hummus