

Personalized 7-Day Diet Plan

| Day | Breakfast | Lunch | Dinner |
|-------|---|---|--|
| Day 1 | <ul style="list-style-type: none"> - Masala Dosa + Sambhar + Chutney (1 large dosa + 1 small bowl + 2 tbsp) - Vegetable Appe (4 pieces (120g)) - Milk oats - 1/2 cup oats cooked in 1/2 cup milk (1 cup (100g)) <p>Cal: 719 P 20g C 108g F 24g</p> | <ul style="list-style-type: none"> - Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis) - Sprout Salad + Curd (1 bowl + 100 g (300g)) <p>Cal: 865 P 40g C 121g F 29g</p> | <ul style="list-style-type: none"> - Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl) - Mix Vegetable Curry (1 cup (100g)) - Curd Rice (1 bowl (200g)) <p>Cal: 965 P 32g C 83g F 34g</p> |
| Day 2 | <ul style="list-style-type: none"> - Paneer Paratha + Dahi + Pickle (2 parathas + 1 small bowl + 1 tbsp) - Vegetable Upma + Coconut Chutney (1 bowl + chutney (150g)) <p>Cal: 715 P 23g C 92g F 28g</p> | <ul style="list-style-type: none"> - Chana Masala + Rice + Roti (1 medium bowl + 1 large plate + 1 roti) - Curd Rice (1 bowl (200g)) - Rasam (1 bowl (150ml)) <p>Cal: 770 P 27g C 136g F 18g</p> | <ul style="list-style-type: none"> - Dal Tadka + Rice + Ghee + Pickle (1 medium bowl + 1 large plate + 1 tsp + 1 tbsp) - Stuffed Eggplant + Bajra Roti (2 eggplants + 2 roti (300g)) - Avial (1 cup (100g)) <p>Cal: 1020 P 32g C 161g F 27g</p> |
| Day 3 | <ul style="list-style-type: none"> - Gobi Paratha + Dahi + Achaar (2 parathas + 1 small bowl + 1 tbsp) - Besan Chilla + Green Chutney (1.5 chillas + 37.5 g) <p>Cal: 635 P 22g C 80g F 24g</p> | <ul style="list-style-type: none"> - Paneer Tikka + Roti + Dal (340 g (6 pieces + 2 rotis + 1 small bowl)) - Vegetable Pulao + Raita (1 plate (400g)) <p>Cal: 1100 P 43g C 131g F 38g</p> | <ul style="list-style-type: none"> - Chole + Rice + Papad (315 g (1 medium bowl + 1 large plate + 2 pieces)) - Dal Khichdi + Papad (1 Medium Bowl (350g)) - Parippu Curry (1 cup (150g)) <p>Cal: 1045 P 36g C 153g F 26g</p> |
| Day 4 | <ul style="list-style-type: none"> - Idli + Coconut Chutney (4 pieces + 50 g) - Dhokla + Green Chutney (250 g (4 pieces + 2 tbsp chutney)) <p>Cal: 605 P 22g C 109g F 12g</p> | <ul style="list-style-type: none"> - Rajma Chawal + Papad + Pickle (1 medium bowl + 1 large plate + 2 pieces + 1 tbsp) - Green Peas Sabzi + Roti + Dal + Rice (1 bowl sabzi + 2 rotis + 1 bowl dal + 1 cup rice) <p>Cal: 915 P 33g C 144g F 26g</p> | <ul style="list-style-type: none"> - Veg Biryani + Raita + Papad (1 large plate + 1 small bowl + 2 pieces) - Paneer Tikka Wrap + Yogurt Dressing (1 wrap (180g)) - Ragi Mudde (1 ball (100g)) <p>Cal: 990 P 37g C 145g F 30g</p> |

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| Day 5 | <div><div>- Egg Bhurji + Roti + Salad (1 plate (200g))</div><div>- Overnight Oats + Chia + Berries (1 bowl (150g))</div><div>- Moong Dal Cheela + Green Chutney (2 cheelas + chutney)</div></div> <div>Cal: 760 P 38g C 99g F 27g</div> | <div><div>- Aloo Gobi + Roti + Dal (1 medium bowl + 2 rotis + 1 small bowl)</div><div>- Menthya Huli (1 bowl (150ml))</div><div>- Curd Rice (1 bowl (200g))</div></div> <div>Cal: 750 P 26g C 134g F 22g</div> | <div><div>- Kadhi Pakora + Rice + Pickle (1 medium bowl + 1 large plate + 1 tbsp)</div><div>- Mix Vegetable Curry (1 cup (100g))</div><div>- Avial (1 cup (100g))</div><div>- Rasam (1 bowl (150ml))</div></div> <div>Cal: 860 P 21g C 134g F 28g</div> |
| Day 6 | <div><div>- Thepla + Curd + Pickle (3 theplas + 1 bowl curd + 1 tsp pickle)</div><div>- Sabudana Khichdi (200 g (1 bowl))</div></div> <div>Cal: 715 P 19g C 128g F 20g</div> | <div><div>- Chole + Rice + Papad (315 g (1 medium bowl + 1 large plate + 2 pieces))</div><div>- Sprout Salad + Curd (1 bowl + 100 g (300g))</div><div>- Ragi Mudde (1 ball (100g))</div></div> <div>Cal: 895 P 35g C 139g F 18g</div> | <div><div>- Palak Paneer + Roti + Dal (380 g (1 medium bowl + 2 rotis + 1 small bowl))</div><div>- Curd Rice (1 bowl (200g))</div><div>- Menthya Huli (1 bowl (150ml))</div><div>- Rasam (1 bowl (150ml))</div></div> <div>Cal: 900 P 38g C 122g F 33g</div> |
| Day 7 | <div><div>- Mooli Paratha + Dahi + Pickle (2 parathas + 1 small bowl + 1 tbsp)</div><div>- Vegetable Sandwich + Mint Chutney (1 sandwich (150g))</div></div> <div>Cal: 700 P 20g C 100g F 24g</div> | <div><div>- Dal Makhani + Jeera Rice + Roti (1 medium bowl + 1 large plate + 2 rotis)</div><div>- Sprout Salad + Curd (1 bowl + 100 g (300g))</div><div>- Rasam (1 bowl (150ml))</div></div> <div>Cal: 965 P 45g C 138g F 31g</div> | <div><div>- Paneer Makhani + Roti + Raita (1 bowl + 3 rotis + 1 bowl)</div><div>- Mix Vegetable Curry (1 cup (100g))</div><div>- Curd Rice (1 bowl (200g))</div><div>- Rasam (1 bowl (150ml))</div></div> <div>Cal: 1015 P 33g C 93g F 35g</div> |

Daily Nutritional Summary

Day 1: 2549 kcal | Protein 93g ; Carbohydrates 312g ; Fats 86g)
Day 2: 2505 kcal | Protein 82g ; Carbohydrates 389g ; Fats 73g)
Day 3: 2780 kcal | Protein 100g ; Carbohydrates 365g ; Fats 88g)
Day 4: 2510 kcal | Protein 93g ; Carbohydrates 398g ; Fats 68g)
Day 5: 2370 kcal | Protein 85g ; Carbohydrates 367g ; Fats 77g)
Day 6: 2510 kcal | Protein 92g ; Carbohydrates 389g ; Fats 71g)
Day 7: 2680 kcal | Protein 98g ; Carbohydrates 331g ; Fats 90g)

Plan Summary

Average Calories: 2474 kcal/day

Average Macros - Protein: 108g, Carbs: 343g, Fats: 99g