

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Pesarattu (1 piece, 100g)	Curd Rice (1 bowl, 200g)	Vegetable Pasta + Cottage Cheese (1 bowl, 200g)
Tuesday	Rava Idli (2 pieces, 100g)	Gutti Vankaya Koora (1 bowl, 150g)	Vegetable Spaghetti + Marinara Sauce (1 bowl, 200g)
Wednesday	Appam with Stew (1 piece, 40g)	Pulihora (1 bowl, 150g)	Whole Wheat Pasta + Vegetables + Paneer (1 bowl, 200g)
Thursday	Idiyappam (1 plate, 100g)	Bisi Bele Bhat (1 bowl, 150g)	Pasta with Tomato Basil Sauce (1 bowl, 200g)
Friday	Puttu & Kadala Curry (2 pieces, 150g)	Menthya Huli (1 bowl, 150ml)	Vegetable Pasta Salad + Lemon Dressing (1 bowl, 180g)
Saturday	Misal Pav (1 bowl misal + 2 pav, 350g)	Ragi Mudde (1 ball, 100g)	Vegetable Panini + Soup (1 panini + soup, 200g)
Sunday	Idli + Coconut Chutney (4 pieces + 50g)	Udupi Chitranna (1 plate, 150g)	Vegetable Pulao + Raita (1 plate, 400g)