

# Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	Oats porridge with fruits	Mixed vegetable curry with brown rice	Tofu and spinach curry with quinoa
Day 2	Vegetable Upma	Chickpea curry with brown rice	Vegetable Biryani
Day 3	Multigrain Toast with almond butter	Lentil curry with brown rice	Stir fried vegetables with quinoa
Day 4	Idli and Sambhar	Vegetable pulao with raita	Mushroom curry with brown rice
Day 5	Poha with sprouts	Paneer curry with brown rice	Vegetable stew with brown bread
Day 6	Vegetable Dalia	Rajma curry with brown rice	Vegetable stir fry with tofu
Day 7	Vegetable sandwich with Avocado	Dal Fry with brown rice	Baked vegetables with quinoa