

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	Vegetable Poha	Bajra Roti with Mixed Vegetable Curry	Chickpea Curry with Brown Rice
Day 2	Vegetable Upma	Rajma with Brown Rice	Broccoli and Tofu Stir Fry
Day 3	Moong Dal Dosa	Brown Rice with Dal and Mixed Vegetables	Vegetable Pulao with Raita
Day 4	Vegetable Oats	Chana Masala with Brown Rice	Vegetable Biryani
Day 5	Idli with Sambar	Quinoa with Mixed Vegetables	Paneer Bhurji with Bajra Roti
Day 6	Ragi Porridge	Vegetable Khichdi	Tofu Curry with Brown Rice
Day 7	Mixed Vegetable Paratha	Dal Fry with Brown Rice	Mushroom and Pea Curry with