

MedNutri MealPlan

Generated on : 22 June 2025

User Details:

Goal: weight loss

Age: 22

Gender: Male

Preferences: vegetarian

Allergies: milk

Meal Plan Details:

Breakfast:

- Besan (Chickpea Flour) Cheela with mixed vegetables (onion, tomato, capsicum) cooked in olive oil
- Small bowl of mixed fruits (papaya, apple, guava)
- Green Tea with a squeeze of lemon

Lunch:

- 2 Roti made from whole wheat flour
- 1 cup Vegetable Curry (mixed vegetables like carrots, beans, peas, potatoes cooked in a tomato-based gravy with Indian spices and ginger-garlic paste; avoid cream or milk)
- 1 cup Brown Rice
- Large bowl of cucumber and carrot salad with lemon dressing

Snacks:

- Handful of roasted chickpeas (chana)
- Small bowl of sprouted moong (green gram) salad with chopped onions, tomatoes, and coriander.

Dinner:

- 1.5 Roti made from whole wheat flour

- 1 cup Dal (Lentil Soup) made with toor dal or masoor dal, tempered with spices and cooked with vegetables like spinach or bottle gourd (lauki). Avoid cream.
- Small bowl of curd made from almond or soy milk.

Summary of Total Nutritional Values:

- Breakfast Calories: 450
- Lunch Calories: 650
- Snacks Calories: 200
- Dinner Calories: 700
- Total Calories: 2000
- Total Protein (g): 80
- Total Carbohydrates (g): 250
- Total Fats (g): 70