

# 7-Day Eggetarian Indian Diet Plan

## Day 1

Breakfast: Egg and Vegetable Sandwich

Lunch: Soya Chunks Pulao with mixed vegetables

Dinner: Vegetable Omelette

Snack: Hard-Boiled Eggs

## Day 2

Breakfast: Overnight Oats with Boiled Eggs

Lunch: Soya and Spinach Stir-Fry with Roti

Dinner: Quick Egg Curry with Store-Bought Roti

Snack: Cucumber and Tomato Salad

## Day 3

Breakfast: Masala Chai with Whole-Grain Biscuits

Lunch: Soya Chunks Salad with mixed greens and lemon dressing

Dinner: Simple Vegetable Omelette

Snack: Mixed Nuts

## Day 4

Breakfast: Chia Seed Pudding topped with nuts

Lunch: Egg Salad with Soya and mixed vegetables

Dinner: Boiled Eggs with Soya and Vegetable Stir-Fry

Snack: Roasted Chickpeas

## Day 5

Breakfast: Scrambled Eggs with Toast

Lunch: Soya and Vegetable Curry with Quinoa

Dinner: Palak (Spinach) and Egg

Snack: Carrot and Cucumber Sticks with Yogurt Dip

Day 6

Breakfast: Egg and Oats Pancakes

Lunch: Leftover Soya Pulao

Dinner: Tomato and Onion Omelette with a side of Soya

Snack: Hard-Boiled Eggs

Day 7

Breakfast: Vegetable Upma with Boiled Eggs

Lunch: Chole (Chickpeas) with Soya and Egg

Dinner: Masala Egg Curry with Brown Rice

Snack: Fresh Fruit Salad (without added sugar)

### **General Tips:**

1. Preparation: Soak and cook soya chunks ahead of time to make meal preparation faster.
2. Variety: Mix and match dishes or use leftover ingredients creatively to avoid food waste.
3. Hydration: Stay hydrated with plenty of water, buttermilk, or lemon water.