

7-Day Science-Backed Meal Planner

Tailored for your unique body type. Print this out or save as PDF.

ECTOMORPH – Lean Build, Fast Metabolism

Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Mon	Oats with banana & peanut butter	Rice, paneer curry, mixed veg	Whole wheat pasta + grilled chicken	Greek yogurt + nuts
Tue	Scrambled eggs + toast + milk	Quinoa salad with tofu + boiled eggs	Chapati, dal, egg curry	Banana + protein shake
Wed	Fruit smoothie + poha with peanuts	Veg biryani + raita	Grilled fish, sweet potato mash	Boiled corn + cheese
Thu	Idli + sambar + boiled egg	Paneer fried rice + salad	Oats khichdi + curd	Dry fruits + lassi
Fri	Milk + chilla (moong dal)	Veg pulao + chicken curry	Chapati, rajma curry	Granola + curd
Sat	Boiled eggs + paratha + curd	Chickpea salad + rice	Grilled paneer sandwich	Fruit salad
Sun	Fruit smoothie + poha	Egg fried rice + veg soup	Vegetable pasta + chicken tikka	Protein bar + nuts

Budget Grocery List

- Oats, rice, wheat flour
- Milk, curd, paneer
- Tofu, eggs, chicken (optional)
- Banana, apple, seasonal fruits
- Vegetables: spinach, tomato, potato, carrot, onion
- Dal, rajma, chana
- Peanuts, almonds, flaxseeds

MESOMORPH – Muscular Build, Balanced Metabolism

Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Mon	Eggs + whole wheat toast + fruit	Brown rice, rajma, salad	Chicken curry + chapati	Boiled eggs + buttermilk
Tue	Fruit chaat + moong chilla	Quinoa + stir-fried paneer	Fish curry + rice	Nuts + roasted chickpeas
Wed	Omelette + oats + milk	Dal, chapati, beet salad	Veg pulao + raita	Fruit + curd
Thu	Upma + coconut chutney	Chole rice + boiled eggs	Paneer wrap + salad	Milk + almonds
Fri	Curd + fruit + oats	Chicken biryani + cucumber	Mixed veg curry + chapati	Roasted makhana + dates
Sat	Sprouts salad + toast	Rajma + rice + salad	Fish fry + dal soup	Fruit bowl + whey (optional)
Sun	Vegetable sandwich + milk	Chicken wrap + spinach salad	Khichdi + curd	Dark chocolate + roasted seeds

Budget Grocery List

- Brown rice, wheat flour, oats
- Milk, curd, paneer
- Eggs, chicken, fish (optional)
- Spinach, carrots, beetroot, cucumber
- Rajma, chana, moong dal
- Fruits: banana, orange, apple
- Dry fruits, seeds, whey (optional)

ENDOMORPH – Round Build, Slow Metabolism

Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Mon	Boiled eggs + green tea	Grilled paneer + veggies	Veg soup + moong salad	Cucumber + sprouts
Tue	Chia pudding + fruit	Tofu stir fry + quinoa	Grilled chicken + steamed broccoli	Carrot sticks + hummus
Wed	Oats + cinnamon + milk	Palak dal + 1 chapati	Zucchini noodles + paneer	Fruit + sunflower seeds
Thu	Besan chilla + mint chutney	Chicken breast + sautéed veg	Clear soup + salad	Boiled chickpeas
Fri	Fruit smoothie + almonds	Mixed veg + moong dal + salad	Egg whites + broccoli mash	Roasted peanuts + tea
Sat	Sprouts + green tea	Tofu curry + brown rice	Grilled mushrooms + soup	Coconut water + seeds
Sun	Egg white omelette + salad	Low-carb khichdi + curd	Veg soup + sprouts	Apple + green tea

Budget Grocery List

- Tofu, paneer, eggs, chicken breast
- Green leafy vegetables, cucumber, zucchini
- Quinoa, moong dal, besan flour
- Chia seeds, almonds, peanuts
- Broccoli, mushrooms, tomato
- Fruits: apple, orange, guava
- Green tea, curd, coconut water