



FitBite Personalized Meal Plan

Prepared for: Girjesh Kumar Suryawanshi

Goal: weight loss

Week: 8/3/2025 - 8/9/2025

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Your Profile

Personal Information

Name: Girjesh Kumar Suryawanshi
Age: 38 years
Gender: male
Height: 168 cm
Weight: 74 kg
BMI: 26.2 (Overweight)

Preferences & Goals

Activity Level: sedentary
Region: indian
Preferred Foods: tea
Health Conditions: none

MONDAY

Vegetable Poha

Ingredients:

- Poha (flattened rice)
- Mixed vegetables
- Mustard seeds
- Turmeric
- Lemon

Instructions:

1. Rinse poha and set aside
2. Heat oil, add mustard seeds
3. Add vegetables and spices
4. Mix in poha and cook for 5 minutes

Time: 8:00 AM

320 cal

Dal Rice with Vegetables

Time: 1:00 PM

450 cal

Ingredients:

- Lentils (dal)
- Rice
- Mixed vegetables
- Spices
- Ghee

Instructions:

1. Cook lentils with turmeric
2. Prepare rice separately
3. Saut vegetables with spices
4. Serve dal over rice

Roti with Sabzi

Time: 7:00 PM

380 cal

Ingredients:

- Whole wheat flour
- Seasonal vegetables
- Spices
- Oil

Instructions:

1. Make dough for roti
2. Roll and cook on griddle
3. Prepare spiced vegetables
4. Serve hot with vegetables

TUESDAY

Upma with Vegetables

Time: 8:00 AM **310 cal**

Ingredients:

- Semolina
- Mixed vegetables
- Curry leaves
- Ginger
- Green chilies

Instructions:

1. Roast semolina
2. Heat oil, add curry leaves
3. Add vegetables and spices
4. Mix semolina with water

Rajma Rice

Time: 1:00 PM **435 cal**

Ingredients:

- Kidney beans
- Basmati rice
- Onions
- Tomatoes
- Spices

Instructions:

1. Soak rajma overnight
2. Cook with spices
3. Prepare rice separately
4. Serve together

Palak Paneer with Roti

Time: 7:00 PM

372 cal

Ingredients:

- Spinach
- Paneer
- Whole wheat flour
- Onions
- Garlic

Instructions:

1. Blanch spinach
2. Make paneer curry
3. Prepare fresh rotis
4. Serve hot together

WEDNESDAY

Idli with Sambar

Time: 8:00 AM

300 cal

Ingredients:

- Idli batter
- Lentils
- Vegetables
- Tamarind
- Spices

Instructions:

1. Steam idlis
2. Prepare sambar
3. Serve hot together
4. Add coconut chutney

Chole Bhature

Time: 1:00 PM

420 cal

Ingredients:

- Chickpeas
- All-purpose flour
- Yogurt
- Spices
- Oil

Instructions:

1. Cook spiced chickpeas
2. Make bhature dough
3. Deep fry bhature
4. Serve together hot

Vegetable Biryani

Time: 7:00 PM

384 cal

Ingredients:

- Basmati rice
- Mixed vegetables
- Saffron
- Ghee
- Biryani spices

Instructions:

1. Layer rice and vegetables
2. Add saffron milk
3. Cook on low heat
4. Serve with raita

THURSDAY

Paratha with Curd

Time: 8:00 AM **330 cal**

Ingredients:

- Whole wheat flour
- Potatoes
- Yogurt
- Spices
- Ghee

Instructions:

1. Make potato filling
2. Roll paratha
3. Cook on griddle
4. Serve with curd

Sambar Rice

Time: 1:00 PM **450 cal**

Ingredients:

- Rice
- Lentils
- Vegetables
- Tamarind
- Curry leaves

Instructions:

1. Cook rice separately
2. Prepare sambar
3. Mix together
4. Serve hot

Kadhi Chawal

Time: 7:00 PM

396 cal

Ingredients:

- Chickpea flour
- Yogurt
- Rice
- Spices
- Ginger

Instructions:

1. Make kadhi base
2. Add pakoras
3. Cook rice
4. Serve together

FRIDAY

Dosa with Chutney

Time: 8:00 AM

340 cal

Ingredients:

- Dosa batter
- Coconut
- Green chilies
- Ginger
- Curry leaves

Instructions:

1. Heat griddle
2. Spread batter thin
3. Cook until crispy
4. Serve with chutney

Pav Bhaji

Time: 1:00 PM

465 cal

Ingredients:

- Mixed vegetables
- Pav bread
- Butter
- Spices
- Onions

Instructions:

1. Mash cooked vegetables
2. Add spices
3. Butter pav bread
4. Serve together

Aloo Gobi with Roti

Time: 7:00 PM

408 cal

Ingredients:

- Potatoes
- Cauliflower
- Whole wheat flour
- Spices
- Oil

Instructions:

1. Cut vegetables
2. Cook with spices
3. Make fresh rotis
4. Serve hot

SATURDAY

Poori with Aloo Sabzi

Time: 8:00 AM **350 cal**

Ingredients:

- All-purpose flour
- Potatoes
- Spices
- Oil
- Cumin seeds

Instructions:

1. Make puori dough
2. Deep fry pooris
3. Cook spiced potatoes
4. Serve together

Pulao with Raita

Time: 1:00 PM **480 cal**

Ingredients:

- Basmati rice
- Mixed vegetables
- Yogurt
- Spices
- Mint

Instructions:

1. Cook rice with vegetables
2. Prepare cooling raita
3. Serve together
4. Garnish with mint

Dal Makhani with Naan

Time: 7:00 PM

420 cal

Ingredients:

- Black lentils
- Butter
- Cream
- Naan bread
- Spices

Instructions:

1. Cook lentils slowly
2. Add cream and butter
3. Warm naan bread
4. Serve rich and creamy

SUNDAY

Masala Chai with Biscuits

Time: 8:00 AM

360 cal

Ingredients:

- Tea leaves
- Milk
- Spices
- Whole wheat biscuits
- Butter

Instructions:

1. Boil tea with spices
2. Add milk and sugar
3. Serve with biscuits
4. Enjoy hot

South Indian Thali

Time: 1:00 PM

495 cal

Ingredients:

- Rice
- Sambar
- Rasam
- Vegetables
- Papad

Instructions:

1. Prepare multiple dishes
2. Serve on banana leaf
3. Include variety of flavors
4. Enjoy traditional meal

Biryani with Shorba

Time: 7:00 PM

432 cal

Ingredients:

- Basmati rice
- Chicken/Vegetables
- Saffron
- Yogurt
- Spices

Instructions:

1. Layer rice and protein
2. Cook with saffron
3. Serve with soup
4. Garnish with mint

Weekly Nutrition Summary

Day	Calories
Monday	1150
Tuesday	1117
Wednesday	1104
Thursday	1176
Friday	1213
Saturday	1250
Sunday	1287
TOTAL	8297

Weekly Grocery List

Vegetables

- Onions
- Tomatoes
- Spinach
- Potatoes
- Cauliflower

Grains & Pulses

- Poha (flattened rice)
- Lentils (dal)
- Rice
- Whole wheat flour
- Kidney beans
- Basmati rice
- Lentils
- Chickpeas

Dairy

- Paneer
- Yogurt
- Butter
- Cream
- Milk

Spices

- Turmeric
- Ginger
- Green chilies
- Garlic
- Cumin seeds