



# FitBite Personalized Meal Plan

Prepared for: Praneet

Goal: maintain

Week: 8/10/2025 - 8/16/2025

*Smart AI Diet Plans. Culturally Relevant. Scientifically Balanced.*

# Your Profile

## Personal Information

Name: Praneet

Age: 32 years

Gender: male

Height: 182 cm

Weight: 80 kg

**BMI: 24.2 (Normal weight)**

## Preferences & Goals

Activity Level: sedentary

Region: indian

Health Conditions: none

## MONDAY

### Vegetable Poha

*Time: 8:00 AM*

**320 cal**

#### 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

## 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