

# FitBite Meal Plan

Week: 8/4/2025 - 8/10/2025

Goal: weight loss | Cuisine: indian | Diet: vegetarian

**Daily Target: 1400 calories**

## Monday

### Vegetable Poha (breakfast)

**320 cal**

Time: 8:00 AM

#### 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
5. Garnish with lemon and serve

### Dal Rice with Vegetables (lunch)

**450 cal**

Time: 1:00 PM

#### 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
5. Add ghee on top

### Roti with Sabzi (dinner)

**380 cal**

Time: 7:00 PM

#### 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 (breakfast)

310 cal

Time: 8:00 AM

#### 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
5. Cook until fluffy

### Rajma Rice (lunch)

435 cal

Time: 1:00 PM

#### Ingredients:

Kidney beans, Basmati rice, Onions, Tomatoes, Spices

#### Instructions:

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

### Palak Paneer with Roti (dinner)

372 cal

Time: 7:00 PM

#### 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 (breakfast)

300 cal

Time: 8:00 AM

#### Ingredients:

Idli batter, Lentils, Vegetables, Tamarind, Spices

#### Instructions:

1. Steam idlis
2. Prepare sambar

3. Serve hot together
4. Add coconut chutney

## Chole Bhature (lunch)

420 cal

Time: 1:00 PM

### 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 (dinner)

384 cal

Time: 7:00 PM

### 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 (breakfast)

330 cal

Time: 8:00 AM

### 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 (lunch)

450 cal

Time: 1:00 PM

### Ingredients:

Rice, Lentils, Vegetables, Tamarind, Curry leaves

### Instructions:

1. Cook rice separately
2. Prepare sambar
3. Mix together

4. Serve hot

## Kadhi Chawal (dinner)

396 cal

Time: 7:00 PM

### 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 (breakfast)

340 cal

Time: 8:00 AM

### 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 (lunch)

465 cal

Time: 1:00 PM

### 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 (dinner)

408 cal

Time: 7:00 PM

### 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 (breakfast)

350 cal

Time: 8:00 AM

#### 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 (lunch)

480 cal

Time: 1:00 PM

#### 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 (dinner)

420 cal

Time: 7:00 PM

#### 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 (breakfast)

360 cal

Time: 8:00 AM

#### 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 (lunch)

495 cal

Time: 1:00 PM

**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 (dinner)

432 cal

Time: 7:00 PM

**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