



# MyMealify Personalized Meal Plan

Prepared for: Ram Manish

Goal: weight gain

Week: 9/7/2025 - 9/13/2025

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

# Your Profile

## Personal Information

Name: Ram Manish

Age: 37 years

Gender: male

Height: 180 cm

Weight: 65 kg

**BMI: 20.1 (Normal weight)**

## Preferences & Goals

Activity Level: sedentary

Region: indian

Preferred Foods: tea

Health Conditions: diabetes

## MONDAY

### Paneer Bhurji with Whole Wheat Roti

*Time: 8:00 AM*

**850 cal**

#### Ingredients:

- 200g Paneer, crumbled
- 1 large Onion, finely chopped
- 1 large Tomato, finely chopped
- 1 Green Chili, finely chopped (optional)
- 1 tsp Ginger-Garlic paste
- 1/2 tsp Turmeric powder

#### Instructions:

1. Heat ghee/oil in a pan. Add chopped onion and saut until golden brown.
2. Add ginger-garlic paste and green chili, saut for 1 minute.
3. Add chopped tomatoes and cook until soft and pulpy.
4. Stir in turmeric, cumin, coriander powder, and salt. Cook for 2-3 minutes.

# Mixed Vegetable Pulao with Dal Makhani and Raita

Time: 1:00 PM

950 cal

## Ingredients:

- **For Pulao:**
- 1 cup Brown Basmati Rice
- 2 cups Mixed Vegetables (carrots, peas, beans, cauliflower), chopped
- 1 Onion, sliced
- 1 tbsp Ginger-Garlic paste
- Whole spices: 2 Green Cardamoms, 1 Cinnamon stick, 2 Cloves, 1 Bay leaf

## Instructions:

1. **Pulao:** Wash and soak brown rice for 30 minutes. Drain. Heat ghee in a pot, add whole spices and cumin seeds. Saut s
2. **Dal Makhani:** Pressure cook soaked urad dal and rajma with salt and enough water until very soft (8-10 whistles). Heat
3. **Raita:** Whisk curd. Add grated cucumber, cumin powder, and black salt. Mix well.
4. Serve Pulao with Dal Makhani and Raita.

# Moong Dal Cheela with Peanut Chutney and Sauted Greens 550 cal

## Ingredients:

- **For Cheela:**
- 1 cup Yellow Moong Dal, soaked for 4 hours
- 1 inch Ginger piece
- 1 Green Chili
- 2 tbsp chopped Coriander leaves
- 1/4 cup finely chopped Onions

## Instructions:

1. **Cheela:** Drain soaked moong dal. Grind it with ginger, green chili, and a little water to a smooth batter consistency. Tran
2. **Peanut Chutney:** Combine roasted peanuts, green chilies, ginger, garlic (if using), lemon juice, salt, and a little water in
3. **Sauted Greens:** Heat olive oil in a pan. Add minced garlic and saut until fragrant. Add chopped spinach/kale and chili fla
4. Serve Moong Dal Cheelas hot with peanut chutney and a side of sauted greens.

## TUESDAY

### Besan Cheela (Chickpea Pancake) with Paneer Filling and Curd

Time: 15-20 Min

870 cal

#### Ingredients:

- **\*\*For Cheela:\*\***
- 1 cup Besan (Chickpea Flour)
- 1/4 cup finely chopped Onion
- 1/4 cup finely chopped Bell Peppers
- 1 Green Chili, chopped
- 1 tsp Ginger-Garlic paste

#### Instructions:

1. **\*\*Cheela Batter:\*\*** In a bowl, combine besan, chopped onion, bell peppers, green chili, ginger-garlic paste, turmeric, cumin.
2. **\*\*Paneer Filling:\*\*** In a separate bowl, mix grated paneer, chopped onion, coriander leaves, garam masala, and salt.
3. Heat a non-stick pan and lightly grease with oil/ghee. Pour a ladleful of cheela batter and spread evenly. Cook until the edges are golden.
4. Serve hot with plain curd.

# Rajma Chawal (Kidney Beans Curry with Brown Rice) and Cucumber Salad

## Ingredients:

- **For Rajma:**
- 1 cup Rajma (Kidney Beans), soaked overnight
- 2 large Onions, finely chopped
- 2 large Tomatoes, pureed
- 1 tbsp Ginger-Garlic paste
- 1-2 Green Chilies, slit

## Instructions:

1. **Rajma:** Pressure cook soaked rajma with salt and enough water until very soft (8-10 whistles). Drain the water but reserve 1/2 cup of cooking liquid.
2. **Chawal:** Wash and soak brown rice for 30 minutes. Drain. Combine rice, water, and salt in a pot. Bring to a boil, then cook on low heat until done.
3. **Salad:** Combine sliced cucumber and onion. Sprinkle with black salt, cumin powder, and lemon juice.
4. Serve hot Rajma with Brown Rice and Cucumber Salad.

## Vegetable & Lentil Khichdi (Brown Rice & Moong Dal) with Ghee and Yogurt

### Ingredients:

- 1 cup Brown Rice
- 1/2 cup Yellow Moong Dal
- 1 large Onion, finely chopped
- 1 cup Mixed Vegetables (carrots, peas, beans), chopped
- 1 tbsp Ginger-Garlic paste
- 1 Green Chili, slit

### Instructions:

1. Wash brown rice and moong dal together thoroughly. Soak for 30 minutes. Drain.
2. Heat ghee in a pressure cooker. Add cumin seeds and asafoetida. Once they splutter, add chopped onion and saut until tra
3. Add mixed vegetables, turmeric, cumin powder, and garam masala. Saut for 2-3 minutes.
4. Add the soaked rice and dal, salt, and water. Mix well.

**WEDNESDAY**

# Spouted Moong Dal Salad with Nuts and Seeds

Time: 8:00 AM

750 cal

## Ingredients:

- 1 cup Moong Bean Sprouts
- 1/2 Cucumber, finely chopped
- 1/2 Tomato, finely chopped
- 1/4 cup Pomegranate seeds
- 1/4 cup mixed Nuts (almonds, walnuts), chopped
- 1 tbsp Pumpkin seeds

## Instructions:

1. In a large bowl, combine moong bean sprouts, chopped cucumber, tomato, pomegranate seeds, mixed nuts, pumpkin seeds.
2. In a small bowl, whisk together olive oil, lemon juice, roasted cumin powder, and black salt.
3. Pour the dressing over the salad ingredients. Add chopped fresh coriander.
4. Toss everything gently until well combined. Serve immediately.



# Whole Wheat Parathas with Aloo Gobi Matar and Masoor Dal 920 cal

## Ingredients:

- **For Parathas:**
- 2 cups Whole Wheat Flour
- Water as needed to knead dough
- 2 tbsp Ghee or Oil for cooking
- Salt to taste
- **For Aloo Gobi Matar:**

## Instructions:

1. **Parathas:** Knead whole wheat flour with salt and water to a smooth, pliable dough. Let it rest for 15-20 minutes. Divide into 8 equal balls.
2. **Aloo Gobi Matar:** Heat ghee/oil in a pan. Add chopped onion and saut until golden. Add ginger-garlic paste and green chilies. Add potatoes, cauliflower, and tomatoes. Cook until soft. Add salt and masoor dal. Simmer for 10 minutes.
3. **Masoor Dal:** Pressure cook washed masoor dal with chopped onion, tomato, turmeric powder, and water for 2-3 whistles.
4. Serve hot Parathas with Aloo Gobi Matar and Masoor Dal.

# Tofu Scramble with Multigrain Dosa and Coconut Chutney 890 cal

Time: 8:00 PM

## Ingredients:

- **For Tofu Scramble:**
- 250g Firm Tofu, crumbled
- 1 large Onion, finely chopped
- 1 Bell Pepper (any color), finely chopped
- 1 large Tomato, finely chopped
- 1 tsp Ginger-Garlic paste

## Instructions:

1. **Tofu Scramble:** Heat olive oil/ghee in a pan. Add chopped onion and saut until translucent. Add ginger-garlic paste, the
2. **Multigrain Dosa:** Heat a non-stick dosa tawa. Pour a ladleful of multigrain dosa batter and spread thinly in a circular mo
3. **Coconut Chutney:** Blend grated coconut, ginger, green chilies, roasted chana dal (if using), and salt with a little water u
4. Serve hot Multigrain Dosas with Tofu Scramble and Coconut Chutney.

## THURSDAY

### Oats Upma with Mixed Vegetables and Peanuts

Time: 8:00 AM

780 cal

#### Ingredients:

- 1 cup Rolled Oats
- 1 large Onion, finely chopped
- 1/2 cup Mixed Vegetables (carrots, peas, beans), chopped
- 1/4 cup Roasted Peanuts
- 1 Green Chili, finely chopped
- 1/2 inch Ginger, grated

#### Instructions:

1. Dry roast rolled oats in a pan for 5-7 minutes until lightly fragrant. Set aside.
2. Heat olive oil/ghee in the same pan. Add mustard seeds, cumin seeds, and curry leaves. Once they splutter, add chopped
3. Add mixed vegetables and cook for 3-5 minutes until slightly tender.
4. Add water and salt. Bring to a boil. Reduce heat to low, add the roasted oats and roasted peanuts. Stir well.

# Chana Masala with Brown Rice and Mixed Vegetable Raita get the recipe 970 cal

## Ingredients:

- **For Chana Masala:**
- 1.5 cups Chickpeas (Kabuli Chana), soaked overnight and boiled until soft
- 2 large Onions, finely chopped
- 2 large Tomatoes, pureed
- 1 tbsp Ginger-Garlic paste
- 1-2 Green Chilies, slit

## Instructions:

1. **Chana Masala:** Heat ghee/oil in a pan. Add chopped onions and saut until golden brown. Add ginger-garlic paste and g
2. **Brown Rice:** Wash and soak brown rice for 30 minutes. Drain. Combine rice, water, and salt in a pot. Bring to a boil, the
3. **Raita:** Whisk curd. Add finely chopped mixed vegetables, roasted cumin powder, and black salt. Mix well.
4. Serve hot Chana Masala with Brown Rice and Mixed Vegetable Raita.

# Palak Paneer with Whole Wheat Roti and Urad Dal

Time: 8:00 PM

870 cal

## Ingredients:

- **For Palak Paneer:**
- 500g Spinach (Palak), blanched and pureed
- 200g Paneer, cubed
- 1 large Onion, finely chopped
- 1 large Tomato, finely chopped
- 1 tbsp Ginger-Garlic paste

## Instructions:

1. **Palak Paneer:** Heat ghee/oil in a pan. Add chopped onion and saut until golden brown. Add ginger-garlic paste and green chilies. Cook for 2 minutes. Add pureed spinach and cook for 5 minutes. Add cubed paneer and cook for 10 minutes. Add salt and turmeric powder. Let it simmer for 10 minutes.
2. **Roti:** Knead whole wheat flour with salt and water to a smooth dough. Roll into thin rotis and cook on a hot tawa.
3. **Urad Dal:** Pressure cook washed urad dal with chopped onion, tomato, turmeric powder, and water for 3-4 whistles. Let it simmer for 10 minutes.
4. Serve hot Palak Paneer with Whole Wheat Rotis and Urad Dal.

## FRIDAY

### Poha with Vegetables, Peanuts, and Lemon *Time: 8:00 AM* **800 cal**

#### Ingredients:

- 1.5 cups Thick Poha (flattened rice)
- 1 large Onion, thinly sliced
- 1/2 cup Mixed Vegetables (peas, carrots), chopped
- 1/4 cup Roasted Peanuts
- 1 Green Chili, slit
- 1/2 inch Ginger, grated

#### Instructions:

1. Gently rinse poha in a colander under running water for 1-2 minutes until softened but not mushy. Drain and set aside.
2. Heat olive oil/ghee in a pan. Add mustard seeds, cumin seeds, and curry leaves. Once they splutter, add sliced onion, green chili, and ginger.
3. Add mixed vegetables and turmeric powder. Cook for 3-5 minutes until vegetables are slightly tender.
4. Add the softened poha, roasted peanuts, and salt. Mix gently but thoroughly. Cover and cook on low heat for 2-3 minutes to allow the flavors to meld.

# Mixed Vegetable & Paneer Curry with Whole Wheat Rotis and Gurd

## Ingredients:

- **\*\*For Curry:\*\***
- 200g Paneer, cubed
- 2 cups Mixed Vegetables (potatoes, carrots, beans, peas, bell peppers), chopped
- 2 large Onions, finely chopped
- 2 large Tomatoes, pureed
- 1 tbsp Ginger-Garlic paste

## Instructions:

1. Heat ghee/oil in a pan. Add chopped onions and saut until golden brown. Add ginger-garlic paste and green chilies, saut for 1 minute.
2. Add mixed vegetables and a little water. Cover and cook on low heat until vegetables are tender. Add paneer cubes and simmer for 5 minutes.
3. Knead whole wheat flour with salt and water to a smooth dough. Roll into thin rotis and cook on a hot tawa.
4. Serve hot Mixed Vegetable & Paneer Curry with Whole Wheat Rotis and plain curd.

# Dal Tadka (Arhar Dal) with Brown Rice and Green Salad 890 cal

## Ingredients:

- **For Dal Tadka:**
- 1.5 cups Arhar Dal (Toor Dal), washed
- 1 large Onion, finely chopped
- 1 large Tomato, finely chopped
- 1 tbsp Ginger-Garlic paste
- 1/2 tsp Turmeric powder

## Instructions:

1. **Dal Tadka:** Pressure cook washed arhar dal with chopped onion, tomato, ginger-garlic paste, turmeric powder, and water.
2. **Brown Rice:** Wash and soak brown rice for 30 minutes. Drain. Combine rice, water, and salt in a pot. Bring to a boil, then simmer.
3. **Salad:** Combine mixed greens, sliced cucumber, and tomato. Drizzle with lemon juice, salt, and black pepper. Toss gently.
4. Serve hot Dal Tadka with Brown Rice and a fresh Green Salad.



## SATURDAY

### Vegetable Uttapam with Sambhar and Coconut Chutney 900 cal

#### Ingredients:

- **For Uttapam:**
- 2 cups Dosa/Idli Batter (fermented rice and lentil batter)
- 1/2 cup finely chopped Mixed Vegetables (onion, tomato, bell pepper, carrots)
- 2 tbsp Olive Oil or Ghee for cooking
- Fresh Coriander leaves, chopped
- Salt to taste (if batter is unsalted)

#### Instructions:

1. **Uttapam:** Heat a non-stick tawa. Pour a ladleful of dosa batter and spread it slightly thicker than a dosa. Sprinkle chopped vegetables and coriander leaves. Cook until golden brown on both sides.
2. **Sambhar:** Pressure cook arhar dal until soft. In a separate pot, cook mixed vegetables, onion, and tomato with a little water. Add tamarind paste and salt to taste. Simmer for 10 minutes.
3. **Coconut Chutney:** Blend grated coconut, ginger, green chilies, and salt with a little water until smooth. For tempering, heat oil and add mustard seeds, cumin, and asafoetida. Pour over the chutney.
4. Serve hot Uttapam with Sambhar and Coconut Chutney.

# Brown Rice Biryani with Mixed Vegetables and Soya Chunks with Cucumber Raita

## Ingredients:

- **\*\*For Biryani:\*\***
- 1.5 cups Brown Basmati Rice
- 1/2 cup Soya Chunks (soaked and squeezed dry)
- 2 cups Mixed Vegetables (carrots, peas, beans, potatoes), chopped
- 1 large Onion, thinly sliced and fried until crispy (for garnish, optional)
- 2 large Onions, sliced

## Instructions:

1. **\*\*Biryani:\*\*** Wash and soak brown rice for 30 minutes. Drain. Boil water with salt and a few whole spices. Add rice and cook until done.
2. **\*\*Raita:\*\*** Whisk curd. Add grated cucumber, roasted cumin powder, and black salt. Mix well.
3. Serve hot Brown Rice Biryani with Cucumber Raita.

# Methi Thepla with Curd and Dry Sabzi (Bhindi Fry)

Time: 3:00 PM

900 cal

## Ingredients:

- **For Thepla:**
- 2 cups Whole Wheat Flour
- 1/2 cup Fenugreek Leaves (Methi), finely chopped
- 1/4 cup Besan (Chickpea Flour)
- 1/2 tsp Turmeric powder
- 1 tsp Red Chili powder

## Instructions:

1. **Thepla:** In a large bowl, combine whole wheat flour, besan, chopped methi leaves, turmeric, red chili, cumin powder, salt, and oil. Knead into a soft dough. Roll into small circles and cook on a hot griddle.
2. **Bhindi Fry:** Heat olive oil in a non-stick pan. Add cumin seeds. Once they splutter, add sliced onion and saut until lightly browned. Add sliced bhindi and cook until tender.
3. Serve hot Methi Theplas with Bhindi Fry and plain curd.

# SUNDAY

## Idli with Sambhar and Peanut Chutney

Time: 8:00 AM

880 cal

### Ingredients:

- **For Idli:**
- 4-5 pieces Steamed Idli (made from fermented rice and urad dal batter)
- **For Sambhar:**
- 1 cup Arhar Dal (Toor Dal), washed and boiled
- 1 cup Mixed Vegetables (drumsticks, pumpkin, carrots), chopped
- 1 large Onion, roughly chopped

### Instructions:

1. **Idli:** Steam idlis in an idli maker until cooked and fluffy.
2. **Sambhar:** Pressure cook arhar dal until soft. In a separate pot, cook mixed vegetables, onion, and tomato with a little water.
3. **Peanut Chutney:** Combine roasted peanuts, green chilies, ginger, garlic (if using), lemon juice, salt, and a little water in a blender.
4. Serve hot Idlis with Sambhar and Peanut Chutney.

# Dal Bukhara (Black Lentil) with Whole Wheat Paratha and Steamed Veggies

## Ingredients:

- **For Dal Bukhara:**
- 1.5 cups Whole Urad Dal (Black Gram), soaked overnight
- 1/4 cup Rajma (Kidney Beans), soaked overnight
- 2 large Tomatoes, pureed
- 1 tbsp Ginger-Garlic paste
- 1/2 tsp Red Chili powder

## Instructions:

1. **Dal Bukhara:** Pressure cook soaked urad dal and rajma with salt and enough water until very soft (8-10 whistles). Drain.
2. **Paratha:** Knead whole wheat flour with salt and water to a smooth dough. Roll into thin parathas and cook on a hot tawa.
3. **Steamed Veggies:** Steam mixed vegetables until tender-crisp. Season lightly with salt and black pepper.
4. Serve hot Dal Bukhara with Whole Wheat Parathas and steamed vegetables.

# Vegetable Cutlets with Mint Chutney and Large Green Salad 820 cal

## Ingredients:

- **For Vegetable Cutlets:**
- 2 large Potatoes, boiled and mashed
- 1 cup Mixed Vegetables (peas, carrots, beans), steamed and mashed/finely chopped
- 1/2 cup Rolled Oats (powdered or finely crushed)
- 1/4 cup Besan (Chickpea Flour)
- 1 large Onion, finely chopped

## Instructions:

1. **Vegetable Cutlets:** In a large bowl, combine mashed potatoes, mashed/chopped steamed vegetables, powdered oats, and besan. Mix well and form into cutlets.
2. **Mint Chutney:** Blend mint leaves, coriander leaves, green chilies, ginger, lemon juice, black salt, and a little water until smooth.
3. **Green Salad:** In a large bowl, combine mixed greens, cucumber, tomato, and bell pepper. Drizzle with olive oil, lemon juice, and salt.
4. Serve hot Vegetable Cutlets with Mint Chutney and a large Green Salad.

# Weekly Nutrition Summary

Day	Calories
Monday	2650
Tuesday	2730
Wednesday	2590
Thursday	2620
Friday	2650
Saturday	2800
Sunday	2790
<b>TOTAL</b>	<b>18830</b>

## Weekly Grocery List

### Vegetables

- 1 large Onion, finely chopped
- 1 large Tomato, finely chopped
- 2 cups Mixed Vegetables (carrots, peas, beans, cauliflower), chopped
- 1 Onion, sliced
- 2 large Tomatoes, pureed
- 1/2 Cucumber, grated
- 1/4 cup finely chopped Onions
- 1/4 cup finely chopped Bell Peppers

### Grains & Pulses

- 2 Whole Wheat Rotis (approx. 60g flour total)
- 1 cup Brown Basmati Rice
- 2 cups Mixed Vegetables (carrots, peas, beans, cauliflower), chopped
- \*\*For Dal Makhani:\*\*
- 1 cup Whole Urad Dal (Black Lentil), soaked overnight
- 1/4 cup Rajma (Kidney Beans), soaked overnight
- 1 cup Yellow Moong Dal, soaked for 4 hours
- 1 cup Besan (Chickpea Flour)

## Dairy

- 200g Paneer, crumbled
- Fresh Cream/Yogurt (optional, for garnish)
- **\*\*For Paneer Filling:\*\***
- 100g Paneer, grated
- **\*\*For Palak Paneer:\*\***
- 200g Paneer, cubed
- Fresh Cream (optional, for garnish)
- 2 tbsp Fresh Cream (optional, for richness)

## Spices

- 1 Green Chili, finely chopped (optional)
- 1 tsp Ginger-Garlic paste
- 1/2 tsp Turmeric powder
- 1 tsp Cumin powder
- 1 tsp Coriander powder
- 1/2 tsp Garam Masala
- Fresh Coriander leaves, chopped
- Salt to taste