

FitBite Personalized Meal Plan

User Profile

Name: Girjesh
Age: 38 years
Gender: male
Height: 168 cm | Weight: 38 kg
Activity Level: sedentary
Region: indian

Health & Diet Information

Health Conditions: none
Preferred Foods: tea

Weekly Meal Plan

Week: 8/5/2025 - 8/11/2025
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

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