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## Your Diet Plan

Generate Plan

Of course. Here is a personalized 7-day Indian vegetarian diet plan designed for Prerak to support his fat loss goals.

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### ### \*\*Important Initial Assessment\*\*

**\*\*Name:\*\* Prerak**  
**\*\*Age:\*\* 19 years**  
**\*\*Gender:\*\* Male**  
**\*\*Weight:\*\* 180 kg**  
**\*\*Height:\*\* 78 cm** \*(This seems like a typo. A height of 78 cm at 180 kg is not medically possible. I will assume a height of **\*\*178 cm (5'10")\*\*** for these calculations, which is a common height for an Indian male. Please adjust if this is incorrect.)\*  
**\*\*Goal:\*\* Fat Loss**

Based on your profile (assuming 178 cm height), your estimated daily calorie needs (TDEE) for maintaining your current weight with a sedentary lifestyle are approximately **\*\*3,380 calories\*\***.

For sustainable fat loss (around 0.8-1 kg per week), a calorie deficit is required. We will target a daily intake that is significantly lower but still provides ample nutrition to support your body's functions.

### ### \*\*Personalized Diet Plan for Prerak\*\*

**\*\*Target Nutrition Goals (Approximate):\*\***  
\* **\*\*Calories:\*\* 2300 - 2400 kcal/day**  
\* **\*\*Protein:\*\* 140 - 150 g** (Essential for muscle preservation and satiety)  
\* **\*\*Carbohydrates:\*\* 280 - 300 g** (Focused on complex, high-fiber sources)  
\* **\*\*Fats:\*\* 65 - 75 g** (Focused on healthy, unsaturated fats)

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### ### \*\*General Guidelines for Success\*\*

1. **\*\*Hydration:\*\* Drink **\*\*3-4 litres of water\*\*** daily. Start your**

day with 1-2 glasses of warm water.

2. **Cooking Oil:** Use minimal oil (1-2 teaspoons per meal).

Prefer mustard oil, ghee, or groundnut oil. Avoid deep-frying.

3. **Cooking Methods:** Prioritize steaming, roasting, grilling, and stir-frying.

4. **Eliminate:** Sugary drinks, fruit juices, sweets, refined flour (maida), white bread, and all packaged/processed foods.

5. **Activity:** While this is a diet plan, incorporating even **30** minutes of daily walking will significantly accelerate your results.

6. **Consistency is Key:** Stick to the plan as closely as possible. Don't be discouraged by occasional slip-ups.

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### ### **7-Day Indian Vegetarian Diet Plan**

#### #### **Day 1: Monday**

\* **Breakfast (8:00 AM):** 3 Moong Dal Chillas (pancakes) with green chutney.

\* **Mid-Morning Snack (11:00 AM):** 1 Apple + 8-10 Almonds.

\* **Lunch (1:30 PM):** 1 large bowl of Rajma (kidney bean curry) + 1 cup Brown Rice + 1 bowl of cucumber-tomato-onion salad.

\* **Evening Snack (4:30 PM):** 1 bowl of Roasted Chana (chickpeas).

\* **Dinner (7:30 PM):** 200g Paneer Bhurji (scrambled cottage cheese) with onions and tomatoes + 2 Whole Wheat Rotis.

#### #### **Day 2: Tuesday**

\* **Breakfast (8:00 AM):** 1 large bowl of Vegetable Oats Upma (made with rolled oats).

\* **Mid-Morning Snack (11:00 AM):** 200g bowl of Greek Yogurt (or hung curd) with a pinch of cinnamon.

\* **Lunch (1:30 PM):** 1 bowl Mixed Vegetable Curry + 1 bowl Toor Dal + 2 Jowar (Sorghum) Rotis + Salad.

\* **Evening Snack (4:30 PM):** 1 bowl of Sprout Salad (moong, chana) with lemon juice and chaat masala.

\* **Dinner (7:30 PM):** 1 bowl of Soya Chunk Curry + 1 cup Quinoa + Green Salad.

#### #### **Day 3: Wednesday**

\* **Breakfast (8:00 AM):** 3 Besan (gram flour) Chillas stuffed with chopped veggies.

\* **Mid-Morning Snack (11:00 AM):** 1 Pear or Guava + 4-5 Walnuts.

\* **Lunch (1:30 PM):** 1 large bowl Chana Masala (chickpea curry) + 1 cup Brown Rice + 1 bowl of plain curd.

\* **Evening Snack (4:30 PM):** 1 glass of Chaas (buttermilk) with jeera powder.

\* **Dinner (7:30 PM):** 1 bowl of Lauki (bottle gourd) Sabzi + 1 bowl of Masoor Dal + 2 Whole Wheat Rotis.

#### #### **Day 4: Thursday**

\* **Breakfast (8:00 AM):** 2 Paneer-stuffed Ragi Rotis (made with minimal oil) with a side of plain curd.

\* **Mid-Morning Snack (11:00 AM):** 1 Orange or Mosambi.

\* **Lunch (1:30 PM):** 1 bowl of Black Chana curry + 2 Bajra (Pearl Millet) Rotis + Kachumber Salad.

\* **Evening Snack (4:30 PM):** 1 large bowl of Roasted Makhana (fox nuts).

\* **Dinner (7:30 PM):** 200g Tofu Stir-fry with bell peppers, broccoli, and carrots + 1 cup of broken wheat (Dalia).

## #### \*\*Day 5: Friday\*\*

\* \*\*Breakfast (8:00 AM):\*\* 1 large bowl of Vegetable Dalia (savoury broken wheat porridge).  
\* \*\*Mid-Morning Snack (11:00 AM):\*\* 1 tablespoon of mixed seeds (pumpkin, sunflower, flax).  
\* \*\*Lunch (1:30 PM):\*\* 1 bowl Palak Paneer (spinach & cottage cheese) + 2 Whole Wheat Rotis + Salad.  
\* \*\*Evening Snack (4:30 PM):\*\* 1 bowl of mixed fruit chaat (apple, papaya, pear) without added sugar.  
\* \*\*Dinner (7:30 PM):\*\* 1 bowl of Panchmel Dal (mixed 5 lentils) + 1 bowl Bhindi (Okra) Sabzi + 1 cup Brown Rice.

## #### \*\*Day 6: Saturday\*\*

\* \*\*Breakfast (8:00 AM):\*\* 4-5 steamed Idlis with a large bowl of Sambhar (lentil & vegetable stew).  
\* \*\*Mid-Morning Snack (11:00 AM):\*\* 1 glass of coconut water with its tender flesh.  
\* \*\*Lunch (1:30 PM):\*\* 1 large bowl of Vegetable Khichdi (made with dal and brown rice) + 1 bowl of plain curd.  
\* \*\*Evening Snack (4:30 PM):\*\* 1 bowl of Roasted Chana.  
\* \*\*Dinner (7:30 PM):\*\* 1 bowl of Baingan Bharta (roasted eggplant mash) + 1 bowl of Yellow Dal + 2 Jowar Rotis.

## #### \*\*Day 7: Sunday\*\*

\* \*\*Breakfast (8:00 AM):\*\* High-protein smoothie: 1 scoop unflavoured whey protein (optional), 200ml skim milk, handful of spinach, 1/2 banana, 5-6 almonds.  
\* \*\*Mid-Morning Snack (11:00 AM):\*\* 1 bowl of Papaya.  
\* \*\*Lunch (1:30 PM):\*\* Brown Rice Vegetable Pulao (with lots of peas, carrots, beans) + 1 large bowl of Mixed Raita.  
\* \*\*Evening Snack (4:30 PM):\*\* 1 glass of unsweetened Lassi or Chaas.  
\* \*\*Dinner (7:30 PM):\*\* Large bowl of Lentil and Vegetable Soup + a side salad with 100g of paneer cubes.

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**\*\*Disclaimer:\*\*** This is a generalized diet plan based on the information provided. Given your high starting weight, it is strongly recommended to consult a doctor and a registered dietitian to rule out any underlying health conditions and to create a plan that is monitored and tailored perfectly to your body's needs.

Built with Vue 3 and FastAPI

Created by

[Prerak](#)