**7 day of Calorie Diet plan**

**Day 1:**

**Early Morning:** Lemon and ginger water-200ml

**Breakfast:** 2 Idlis-+ Sambar with vegetables-100g

**Mid-Morning Snack:** 1 apple

**Lunch:** Brown rice cooked-100g + green leafy dal-100g + vegetable curry-100g + Vegetable salad-100g

**Evening Snack:** Roasted peanuts-50g

**Dinner:** 2 Ragi dosas + peanut chutney-5tbsp

**Day 2:**

* **Early Morning:** Ash gourd juice-250ml
* **Breakfast:** Tofu upma with vegetables-100g
* **Mid-Morning Snack:** 1 guava
* **Lunch:** Quinoa mushroom pulao-100g + yoghurt and cucumber-100g + 1 boiled egg
* **Evening Snack:** 1 Boiled corn.
* **Dinner:** 2 Wheat Chapattis + horse gram curry-100g + vegetable salad-75g

**Day 3:**

* **Early Morning:** Lemon and black cumin seeds water-200ml
* **Breakfast:** 2 Pesarattus + ginger chutney-5tbsp
* **Mid-Morning Snack:** 10 almonds + tender coconut water-200ml
* **Lunch:** Brown rice cooked-100g + vegetable sabzi-100g + vegetable salad-100g
* **Evening Snack:** Greek yoghurt with strawberries-50g
* **Dinner:** 2 Wheat rotis + palak paneer with sautéed vegetables-100g

**Day 4:**

* **Early Morning:** Pumpkin Juice-250ml
* **Breakfast:** 2 Vegetable uttapams + tomato chutney-5tbsp + 2 egg whites
* **Mid-Morning Snack:** 1 orange
* **Lunch:** Broken wheat upma-75g + yoghurt-5btsp + vegetable salad-100g
* **Evening Snack:** Pea-protein isolate 1 scoop with water
* **Dinner:** Grilled or steamed chicken-100g + stir-fry vegetables-100g

**Day 5:**

* **Early Morning:** Carom and fennel seeds water-200ml
* **Breakfast:** 2 Brown bread sandwiches + 1.5tbsp unsweetened peanut-butter
* **Mid-Morning Snack:** Cut pieces of watermelon-100g
* **Lunch:** Brown rice cooked-100g + chicken curry-100g + vegetable salad-100g
* **Evening Snack:** Roasted chickpeas-50g
* **Dinner:** 2 Wheat chapatti rolls with mushrooms and vegetables-100g

**Day 6:**

* **Early Morning:** Apple cider vinegar 10ml with 100ml water
* **Breakfast:** Oats with berries and nuts-75g
* **Mid-Morning Snack:** Buttermilk with chia seeds-250ml
* **Lunch:** Millet pongal-100g + sambar with vegetables-100g + vegetable salad-100g
* **Evening Snack:** Greek yoghurt with strawberry-50g
* **Dinner:** 2 Moong chillas + Bengal gram chutney-5tbsp

**Day 7:**

* **Early Morning:** Cumin seeds and cinnamon water-200ml
* **Breakfast:** Poha with tofu and vegetables-100g
* **Mid-Morning Snack:** Cut pieces of papaya-100g
* **Lunch:** 2 Jowar rotis + fish curry-100g + vegetable salad-100g
* **Evening Snack:** 8 Walnuts + black coffee without sugar-100ml
* **Dinner:** Cabbage soup-300ml + sautéed paneer with vegetables-100g