

# 7-DAY 1500-CALORIE INDIAN DIET PLAN FOR WEIGHT LOSS

DR WORKOUT

## DAY 1

- **Morning:** One cup of black coffee, no sugar or cream (2.5 calories).
- **Breakfast:** One cup or 150 grams of Poha (170 calories).
- **Brunch:** 2 hard-boiled eggs (154 calories).
- **Lunch:** 2 tawa chapatis, 1 small bowl of dal, 35 grams of kala chana, 1 bowl of curd (677 calories)
- **Evening Snack:** 1 medium-sized banana (80 calories).
- **Dinner:** 1 bowl or 450 grams of vegetable soup (160 calories).
- **Bed-Time:** One glass of warm milk, 15 grams of walnuts (212 calories).

**Total Calories:** 1,455.5

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## DAY 2

- **Early Morning:** 1 tablespoon of honey and ½ lime squeezed and mixed with 1 glass of warm water (75 calories).
- **Breakfast:** 40 grams of millet idlis, 2 egg whites, 1 tablespoon of peanut coconut chutney, 1 cup of green tea (284.5 calories).
- **Brunch:** One medium-sized apple (95 calories).
- **Lunch:** 1 tawa roti, 2 small or 126 grams of ragi balls, half a cup or 60 grams of vegetable curry, (599 calories).
- **Evening Snack:** 2 Marie biscuits, 1 cup of green tea (55 calories).
- **Dinner:** 2 tawa rotis, half a bowl of vegetable curry, 45 grams of spinach dal (417 calories).
- **Bed-Time:** 5 almonds (35 calories).

**Total Calories:** 1,525.5

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## DAY 3

- **Early Morning:** 1 glass of turmeric milk (92 calories).
- **Breakfast:** 1 small cup or 30 grams of cornflakes, 2 bananas (260 calories).
- **Brunch:** 1 glass of fresh orange juice (120 calories).
- **Lunch:** 1 cup of cooked brown rice, 1 bowl of dal, 1 cup of mixed vegetables, ½ plate of salad (474 calories).
- **Evening Snack:** 1 medium-sized apple, 1 cup of milk tea (170 calories).
- **Dinner:** 1 bowl of mixed-veggie salad (270 calories).
- **Bed-Time:** A handful of almonds, pecans, cashews, peanuts, pistachios, and walnuts (100 calories).

**Total Calories:** 1,486

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## DAY 4

- **Early Morning:** 1 cup of milk tea (70 calories).
- **Breakfast:** Two slices of brown bread, 1 boiled egg (231 calories).
- **Brunch:** 1 cup of Brussels sprouts, 1 cup of roasted vegetables (212 calories).
- **Lunch:** 1 cup of vegetable soup, 2 small chapatis, 1 cup of dal (508 calories).
- **Evening Snack:** One medium-sized pear (101 calories).
- **Dinner:** 100 grams of brown rice, ½ cup of egg bhurji (215 calories).
- **Bed-Time:** One glass of warm milk (150 calories).

**Total Calories:** 1,487

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## DAY 5

- **Early Morning:** 1 slice of toasted multigrain bread (70 calories).
- **Breakfast:** 2 small egg omelets, 1 cup of black coffee (150 calories).
- **Brunch:** 1 cup of vegetable dalia, 1 glass of milk (280 calories).
- **Lunch:** 1 cup of chicken salad, one slice of multigrain toast (388 calories).
- **Evening Snack:** 1 cup of bean sprouts, 1 cup of milk tea, 2 Marie biscuits (151 calories).
- **Dinner:** 1 cup of brown rice, 150 grams of steamed rohu fish, 1 cup of grilled vegetables (443 calories).
- **Bed-Time:** 2 sugar-free crackers (25 calories).

**Total Calories:** 1,507

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## DAY 6

- **Early Morning:** 1 slice of whole wheat bread, 1 cup of regular milk (172 calories).
- **Breakfast:** ½ cup of cereal, ¾ cup of orange juice, ½ banana (215 calories).
- **Brunch:** 2 slices of toasted multigrain bread, 1 cup of regular coffee (132 calories).
- **Lunch:** 85 grams of catfish fish curry, one cup of medium baked potato, 1 chapati, ½ cup of iced milk (501 calories).
- **Evening Snack:** ½ cup of roasted carrots, ½ cup of roasted green beans (115 calories).
- **Dinner:** 2 slices of whole wheat bread, 30 grams of lean roast beef, 2 tablespoons of mayonnaise, 3 slices of roasted tomato, 1 lettuce leaf (240 calories).
- **Bed-Time:** 10 almonds (70 calories).

**Total Calories:** 1,445

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## DAY 1

- **Early Morning:** 2 brown rice idlis (116 calories).
- **Breakfast:** 1 large-sized multigrain paratha, 1 cup of milk tea (277 calories).
- **Brunch:** ½ medium-sized apple (36 calories).
- **Lunch:** 1 cup of chicken curry, 2 whole-grain rotis, 1 cup of dahi (552 calories).
- **Evening Snack:** 1 cup of orange juice (112 calories).
- **Dinner:** 1 bowl of khichdi, 1 cup of sprout salad (365 calories).
- **Bed-Time:** 1 glass of turmeric milk (92 calories).

**Total Calories:** 1,550