

# 7 Day Fat Loss Diet Plan

A simple, balanced and beginner-friendly diet plan to support healthy fat loss.

**Disclaimer:** This is a general diet guide. Results vary by individual. If you have any medical condition, consult a professional.

## Day 1

| Time                    | Meal                              |
|-------------------------|-----------------------------------|
| Morning (Empty Stomach) | Warm water + lemon                |
| Breakfast               | Oats with milk + 1 banana         |
| Mid-Meal                | 1 apple                           |
| Lunch                   | 2 chapati + dal + salad           |
| Evening                 | Green tea + handful roasted chana |
| Dinner                  | Vegetable soup + paneer bhurji    |

## Day 2

| Time      | Meal                                     |
|-----------|--|
| Morning   | Jeera water                              |
| Breakfast | 2 boiled eggs / paneer + brown bread     |
| Mid-Meal  | Papaya bowl                              |
| Lunch     | Rice (small bowl) + dal + cucumber salad |
| Evening   | Black coffee (no sugar)                  |
| Dinner    | Grilled vegetables + curd                |

## Day 3

| Time      | Meal                         |
|-----------|------------------------------|
| Morning   | Lukewarm water + lemon       |
| Breakfast | Poha with peanuts            |
| Mid-Meal  | Orange                       |
| Lunch     | 2 chapati + mixed veg + curd |
| Evening   | Green tea + nuts             |
| Dinner    | Moong dal chilla             |

## Day 4

| Time      | Meal                     |
|-----------|--------------------------|
| Morning   | Jeera water              |
| Breakfast | Upma + coconut chutney   |
| Mid-Meal  | Guava                    |
| Lunch     | Dal + brown rice + salad |
| Evening   | Buttermilk               |

|        |                    |
|--------|--------------------|
| Dinner | Vegetable stir fry |
|--------|--------------------|

## Day 5

| Time      | Meal                     |
|-----------|--------------------------|
| Morning   | Warm water               |
| Breakfast | Sprouts chaat            |
| Mid-Meal  | Apple                    |
| Lunch     | 2 chapati + paneer sabzi |
| Evening   | Green tea                |
| Dinner    | Soup + sautéed veggies   |

## Day 6

| Time      | Meal                        |
|-----------|-----------------------------|
| Morning   | Lemon water                 |
| Breakfast | Besan chilla                |
| Mid-Meal  | Watermelon                  |
| Lunch     | Khichdi + curd              |
| Evening   | Roasted makhana             |
| Dinner    | Salad bowl with tofu/paneer |

## Day 7

| Time      | Meal                    |
|-----------|-------------------------|
| Morning   | Jeera water             |
| Breakfast | Idli + sambhar          |
| Mid-Meal  | Fruit bowl              |
| Lunch     | 2 chapati + dal + salad |
| Evening   | Green tea               |
| Dinner    | Light vegetable soup    |

## **Extra Fat Loss Tips**

- Drink 2.5–3 liters of water daily
- Sleep at least 7–8 hours
- Avoid sugar, fried food, and soft drinks
- Walk minimum 8,000–10,000 steps daily
- Stay consistent for best results