

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
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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