

63-Day Vegetarian Diet Plan (Phase-wise)

Phase 1 (Day 1-21): Reset & Build Habit

- Focus on reducing processed foods, sugar, and fried snacks.
- Eat small portions every 3-4 hours.
- Increase plant-based proteins (dal, chana, sprouts, tofu, paneer).
- Drink 3-4 liters of water daily.
- Sample meals:
 - Breakfast: Oats + banana + flax seeds
 - Lunch: Brown rice + dal + sabzi + salad
 - Snack: Green tea + roasted chana or sprouts
 - Dinner: Soup + stir-fried vegetables + paneer/tofu

Phase 2 (Day 22-42): Burn & Strengthen

- Track calories (~1600-1800/day).
- Ensure fiber and protein in every meal.
- Continue hydration and cut out high-sugar items.
- Sample meals:
 - Breakfast: Protein smoothie + handful of almonds
 - Lunch: Multigrain roti + dal + bhindi + salad
 - Snack: Yogurt + chia + fruit
 - Dinner: Moong dal soup + sautéed tofu + greens

Phase 3 (Day 43-63): Optimize & Sustain

- Try 12:12 or 14:10 intermittent fasting if suitable.
- Cheat meals (max 1/week) allowed.
- Continue tracking protein and fiber intake.
- Sample meals:
 - Breakfast: Paneer bhurji + multigrain toast
 - Lunch: Quinoa + mixed dal + veg curry
 - Snack: Buttermilk + roasted seeds
 - Dinner: Light soup + sautéed mushrooms/broccoli