

7-Day Indian Vegetarian Weight Loss Meal Plan

Day 1

Breakfast:

Moong dal chilla with mint chutney + green tea

Snack:

Buttermilk + roasted makhana

Lunch:

1 cup brown rice + rajma + cucumber salad

Dinner:

2 multigrain rotis + palak paneer + mixed veg salad

Day 2

Breakfast:

Oats upma + 1 boiled egg (optional)

Snack:

Coconut water + handful of peanuts

Lunch:

2 rotis + lauki sabzi + plain curd

Dinner:

Quinoa khichdi + carrot-beet salad

Day 3

Breakfast:

Besan cheela + herbal tea

Snack:

Roasted chana + green tea

Lunch:

1 bowl dal + 2 rotis + bhindi sabzi

Dinner:

Grilled paneer + sautéed veggies

Day 4

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Breakfast:

Vegetable poha + lemon water

Snack:

Fruit salad + green tea

Lunch:

Bajra roti + baingan bharta + curd

Dinner:

Tofu stir-fry + 1 bowl vegetable soup

Day 5

Breakfast:

Ragi dosa + coconut chutney

Snack:

Buttermilk + murmura mix

Lunch:

1 cup brown rice + chole + salad

Dinner:

2 rotis + mixed veg curry + curd

Day 6

Breakfast:

Smoothie with banana, oats, almond milk, and chia seeds

Snack:

Boiled corn + lemon water

Lunch:

2 jowar rotis + aloo-gobhi + cucumber raita

Dinner:

Paneer tikka + green salad

Day 7

Breakfast:

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Dalia with skim milk and chopped nuts

Snack:

Lassi + roasted makhana

Lunch:

1 cup khichdi + bottle gourd curry + salad

Dinner:

2 multigrain rotis + methi-paneer + beetroot salad