

7-Day Indian Weight Loss Diet Plan

Target: 1,400–1,600 kcal/day · High Protein · Low GI Carbs · Minimal Oil · Portion Control

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|--------------------------|--|
| High Protein | Build & preserve muscle while losing fat |
| Low Sugar | Avoid sugary drinks, desserts, white sugar |
| Moderate Carbs | Brown rice, millets, quinoa — not white rice/maida |
| More Vegetables | Fill half your plate with non-starchy veggies |
| 2–3 L Water Daily | Start morning with warm lemon water |
| Avoid | Fried snacks · bakery items · sugary beverages |

Monday — Day 1

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|--|--|---|--|
| Carrot ABC Juice Apple · Beetroot · Carrot | Warm lemon water + soaked almonds Oats porridge with chia & berries | Brown rice + dal + cucumber salad Grilled chicken / Paneer | Moong dal soup + sautéed veggies Alt: Vegetable soup + 2 chapatis |

Tuesday — Day 2

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|---|---|--|--|
| Amla Ginger Juice Fresh amla · ginger shots | Besan chilla + mint chutney Alt: Idli + Sambar | Brown rice + rajma + cucumber salad Alt: Millet roti + mixed veg curry + curd | Grilled fish / chicken + sautéed veggies |

Wednesday — Day 3

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|--|---|---|--|
| Green Juice Spinach · cucumber · lemon · kale · celery | Greek yogurt + flax seeds Alt: Chia pudding — yogurt, soaked chia, nuts & fruits | Mix veg khichdi + curd Alt: Quinoa pulao + dal | Paneer bhurji + sautéed spinach Alt: Grilled fish / tofu + sautéed vegetables |

Thursday — Day 4

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|---|---|---|---|
| Ginger Lemon + Chia Ginger · lemon · chia seeds | Scrambled egg / tofu bhurji Alt: Paneer, spinach & mushroom omelet | Millet roti + lauki sabji Alt: Chapati + palak dal + salad | Clear soup + grilled paneer Alt: Oats soup + paneer bhurji |

Friday — Day 5

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|---|--|---|--|
| Pineapple Lemon Juice Fresh pineapple · lemon | Ragi dosa Alt: Smoothie bowl — banana, protein, frozen fruits | Buddha bowl — quinoa, veggies, lentils Alt: Lemon pepper chicken bowl (brown rice / quinoa, broccoli, carrot, beet, corn, peppers) | Lemon herb chicken / tofu Alt: Soup + boiled egg / paneer |

Saturday — Day 6

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|---|---|--|---|
| Watermelon & Lemon Fresh watermelon · lemon | Idli + Sambar Alt: Avocado chicken toast (whole grain bread) | Vegetable pulao + salad Alt: Honey mustard chicken bowl | Lentil soup + sautéed veg Alt: Soup + salad bowl |

Sunday — Day 7

1,400–1,600 kcal

| MORNING JUICE | BREAKFAST | LUNCH | DINNER |
|---|--|--|--|
| Chocolate Oat Smoothie PB · mixed nuts · banana · apple · pomegranate | Veg Poha Alt: Normal oat meal blended with fruits | Fish bowl / Shrimp salad Alt: Paneer bowl with quinoa & veggies | Grilled fish / tofu + sautéed vegetables Alt: Moong dal khichdi + salad |