

7-Day Indian Weight Loss Meal Plan (Simple & Realistic)

Day 1

Breakfast: Besan chilla

Lunch: Dal + veg + 1 roti

Dinner: Paneer bowl

Day 2

Breakfast: Oats with nuts

Lunch: Chole + salad

Dinner: Grilled chicken + veggies

Day 3

Breakfast: Eggs + veggies

Lunch: Millet khichdi

Dinner: Paneer stir-fry

Day 4

Breakfast: Sprouts

Lunch: Rajma + veg + roti

Dinner: Tofu curry

Day 5

Breakfast: Smoothie (low sugar)

Lunch: Chicken curry + veg

Dinner: Clear soup + paneer

Day 6

Breakfast: Upma (small portion)

Lunch: Dal + roti + veg

Dinner: Stir-fried vegetables + tofu

Day 7

Breakfast: Poha

Lunch: Dal + sabzi

Dinner: 1 dosa + sambar + veggies