

A Structured Daily Indian Weight Loss Meal Plan

Early Morning

- Warm water
- Optional: lemon, jeera, or methi water
- 5 almonds + 2 walnuts

Breakfast (Protein + Fibre)

Options:

- Besan chilla + curd
- 2 egg omelette + veggies
- Sprout bowl
- Oats with chia

Avoid: sugary cereals, white bread, stuffed oily parathas.

Mid-Morning Snack

- Coconut water
- Fruit (prefer: apple, orange, guava)

Lunch (Balanced Indian Thali)

- 1 cup dal or paneer/chicken
- 1–2 rotis *or* ½ cup rice
- 1 big bowl sabzi
- Salad
- Buttermilk

Evening Snack

- Black tea/coffee without sugar
- Roasted chana / makhana
- Fruit

Avoid pakoras, samosas, bread butter.

Dinner (Light + Protein-Focused)

- Soup + paneer/chicken
- Dal + sabzi + 1 small roti
- Millet khichdi
- Stir-fried tofu

Avoid heavy carbs after 8pm.