

7-day Indian diet plan for weight loss in one month pdf veg. Example (1100 calories):

Here is the meal combo for breakfast, lunch, evening snacks, and dinner for approx 1100 calories weekly basis.

7-day Indian diet chart veg meal plan:

1. Day 1 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Flatten-rice mix veg poha (150 g) + One fruit	200 cal
Lunch	2 roti (70g) + Tur dal (150g) + Kheera raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Vegetable Suji upma (130g) + Mix Veg Soup (150g)	200 cal
Dinner	2 roti (70g) + Gobi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

g = gram

2. Day 2 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Oats veggie upma (150g) + One fruit	200 cal
Lunch	Brown Rice (150g) + Moong dal (150g) + Lauki raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Flatten-rice mix veg poha (150g)	200 cal
Dinner	2 roti (70g) + Bhindi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

g = gram

3. Day 3 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Millet Upma (150g) + One fruit	200 cal
Lunch	2 roti (70g) + Moong dal (150g) + Mix veg raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Moong dal Chilla (1pc) + Peanut Chutney (1 tbsp)	200 cal
Dinner	Corn Daliya Khichidi (200g) + Mix veg Sabji (250)	300 cal

g = gram

4. Day 4 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Palak Methi Chilla (130g) + Tomato Chutney (2 tbsp)	200 cal
Lunch	2 roti (70g) + Rajma Sabji (150g) + Cucumber raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Chana Chaat (150g) + 1 fruit	200 cal
Dinner	Oats Khichdi (200g) + Mix veg sabji (250g)	300 cal

g = gram

5. Day 5 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Moong dal Chilla (1pc) + Peanut Chutney (1 tbsp)	200 cal
Lunch	2 roti (70g) + Soyabean sabji (120g) + Mix veg raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Flatten-rice mix veg poha (150 g)	200 cal
Dinner	Millet Khichidi (200g) + Mix veg Sabji (220g)	300 cal

g = gram

6. Day 6 veg diet chart. Weekend Special

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Brown bread sandwich (130g)	200 cal
Lunch	2 roti (70g) + Palak Paneer (120g) + Mix veg raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Moong dal Chilla (1pc) + Peanut Chutney (1 tbsp)	200 cal
Dinner	Oats Khichdi (200g) + Mix veg sabji (250g)	300 cal

g = gram

7. Day 7 veg diet chart: Weekend Special

Meal Hour	Diet Meal (Size)	Approx Calories
Break-fast	Chana Chaat (150g) + 1 fruit	200 cal
Lunch	Veg Briyani (100g) + Paneer Bhurji (100g) + Mix veg raita (150g) + Mix veg salad (150)	400 cal
Evening Snack	Brown bread sandwich (130g)	200 cal
Dinner	2 roti (70g) + Mix Veg Sabji (100g) + Mix Veg Salad (150 g)	300 cal

g = gram

Just to remind you again, you should not copy any diet plans randomly available on the internet.

You need to consult an authorized **dietician** and make your own diet plan than **copying** any diet plan shown online or in this pdf.

SOURCE: www.anubhavkumar.in