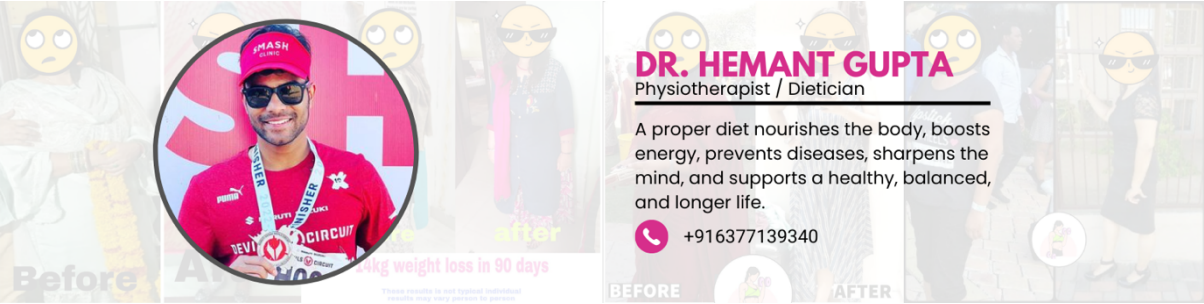
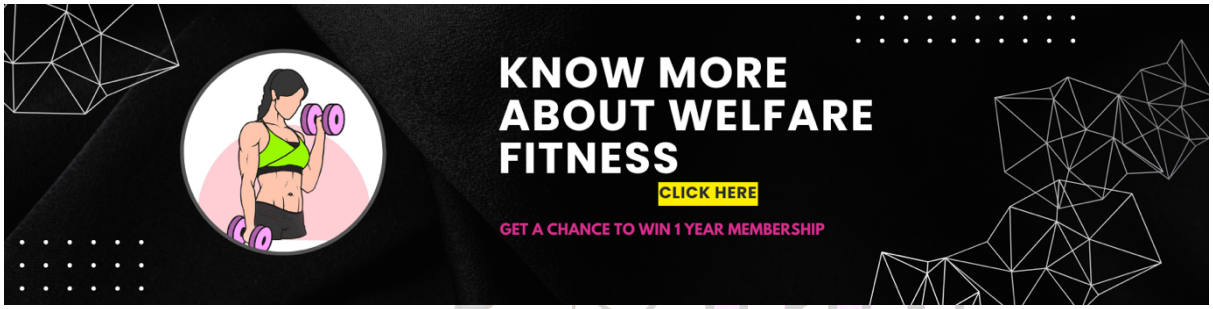


Weight Loss Diet (Veg)

Day	Breakfast (8:30 AM) ~ 300-350 KCal	Lunch (1:00 PM) ~ 400-450 KCal	Snacks (4:00 PM) ~150-200 KCal	Pre-Dinner (6:00 PM) ~ 100 KCal	Dinner (9:00 PM) ~ 300-350 KCal	Post-Dinner (10:30 PM) ~ 100 KCal
Monday	Vegetable Poha (small bowl) + Green Tea	Roti (2 small) + Mix Veg + Salad + Curd (small bowl)	Fruit (Apple/Orange) + Buttermilk	Cucumber + 2 Almonds	Roti (2 small) + Lauki/Tori Sabzi + Salad + Curd	Warm Milk (100 ml)
Tuesday	Upma (small bowl) + Green Tea	Rice (1 cup) + Dal (small bowl) + Veg + Salad	Roasted Makhana (1 handful) + Herbal Tea	2 Walnuts + Cucumber	Roti (2 small) + Bhindi/Beans + Salad + Curd	Milk (100 ml) + 1 Date
Wednesday	Oats + Milk (150 ml) + Chia Seeds (1 tsp) + Green Tea	Roti (2 small) + Chole/Rajma + Salad	Fruit Bowl (Papaya/Water melon)	Cucumber + 2 Almonds	Rice (small cup) + Dal + Veg + Buttermilk	Milk (100 ml) + Turmeric Pinch
Thursday	Besan Chilla (2 small) + Mint Chutney + Green Tea	Roti (2 small) + Mix Veg + Salad + Curd	Buttermilk + Roasted Chana (1 handful)	1 Fruit + 2 Walnuts	Roti (2 small) + Palak Paneer (light oil) + Salad	Milk (100 ml) + 1 Date
Friday	Vegetable Dalia (small bowl) + Green Tea	Roti (2 small) + Veg Curry + Salad + Curd	Fruit + Herbal Tea	2 Almonds + Cucumber	Rice (small cup) + Dal + Veg + Buttermilk	Milk (100 ml) + Turmeric Pinch
Saturday	Moong Dal Chilla (2) + Chutney + Green Tea	Roti (2 small) + Baingan Bharta/Tinda + Salad + Curd	Roasted Makhana + Buttermilk	Cucumber + 1 Fruit	Roti (2 small) + Veg + Salad + Curd	Milk (100 ml) + 1 Date
Sunday	Oats + Milk (150 ml) + Flax Seeds (1 tsp) + Green Tea	Rice (1 cup) + Dal + Veg + Salad	Fruit + Herbal Tea	Cucumber + 2 Walnuts	Roti (2 small) + Mix Veg + Salad + Curd	Milk (100 ml) + Turmeric Pinch

Notes

- Designed for **healthy weight loss** with **1200–1400 KCal/day**.
- Includes **balanced carbs, protein (dal, paneer, curd), fats (nuts, milk)**.
- **Affordable meals** ideal for a **middle-class household**.
- **Daily fruit** for fiber + **green tea** or **herbal tea** for metabolism.
- Combine with **daily walk/exercise** for best results.

Need any customization? I can adjust for **PCOS, thyroid, BP, etc.** if needed!

Click here to know more about your gym