



7-Day Indian Diet Plan for Weight Loss

~1,500 calories per day · high protein · 100% vegetarian

Lose weight eating dal, roti, sabzi and rice — no chicken breast and broccoli. Adjust portions to your own calorie target. This is a wellness guide, not medical advice; consult a doctor before major diet changes.

Day 1

BREAKFAST	2 vegetable besan chillas + mint chutney + 1 cup chai	~350 kcal
LUNCH	2 phulkas + 1 katori dal + 1 katori bhindi sabzi + salad	~450 kcal
SNACK	1 bowl curd + a handful of roasted chana	~180 kcal
DINNER	1 bowl vegetable khichdi + 1 katori curd	~400 kcal

Day 2

BREAKFAST	1 bowl vegetable poha with peanuts + chai	~330 kcal
LUNCH	2 phulkas + 1 katori rajma + 1 katori lauki sabzi	~470 kcal
SNACK	1 apple + 5 almonds	~150 kcal
DINNER	1 bowl moong dal + 1 phulka + steamed veg	~400 kcal

Day 3

BREAKFAST	2 idlis + 1 katori sambar + coconut chutney	~320 kcal
LUNCH	1 bowl brown rice + 1 katori dal + mixed veg + curd	~480 kcal
SNACK	1 glass buttermilk + roasted makhana	~150 kcal
DINNER	2 phulkas + 1 katori paneer bhurji	~420 kcal

Day 4

BREAKFAST	1 bowl oats upma with vegetables + chai	~330 kcal
LUNCH	2 phulkas + 1 katori chana masala + salad	~460 kcal
SNACK	1 bowl fruit chaat	~150 kcal
DINNER	1 bowl vegetable dalia + 1 katori curd	~380 kcal

Day 5

BREAKFAST	2 moong dal chillas + chutney + chai	~340 kcal
LUNCH	1 bowl curd rice + 1 katori dal + salad	~470 kcal
SNACK	1 orange + a handful of roasted chana	~160 kcal
DINNER	2 phulkas + 1 katori palak paneer	~420 kcal

Day 6

BREAKFAST	1 bowl vegetable upma + chai	~320 kcal
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The nutrition app built for Indian food

LUNCH	2 phulkas + 1 katori kadhi + 1 katori aloo-gobi	~470 kcal
SNACK	1 bowl curd + cucumber	~140 kcal
DINNER	1 bowl masoor dal + 1 phulka + steamed veg	~400 kcal

Day 7

BREAKFAST	2 idlis + sambar + chutney	~320 kcal
LUNCH	1 bowl jeera rice + 1 katori dal tadka + bhindi	~490 kcal
SNACK	1 glass chaas + roasted makhana	~150 kcal
DINNER	2 phulkas + 1 katori soya chunk curry	~430 kcal

5 tips to make it work

- Weigh your roti and rice at first — most people underestimate portions.
- Add protein (dal, curd, paneer, soya, egg) to every meal to stay full.
- Keep your chai — a cup with milk and 1 tsp sugar is only ~50-70 kcal.
- Don't cut rice and roti entirely; control the portion instead.
- Eating out? Just go lighter on your other meals that day.

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