

## Make 7 days diet plan with 6 meal plan

What could be better than losing weight with a natural diet? It will give you safe results for the long run. Follow this Indian diet chart for weight loss in 7 days to see the results. It is easy to follow and can fit even in your busy routine. Go grab the necessities to make some easy and tasty weight loss meals!

### Day 1: weight loss diet chart

Meal 1. Breakfast:

Veggie omelette with mixed vegetables and a side of whole wheat toast.

Meal 2. Mid-Morning Snack:

A bowl of mixed fruits.

Meal 3. Lunch:

Brown rice with dal (lentil curry), a portion of grilled chicken or tofu, and a side of mixed vegetables.

Meal 4. Afternoon Snack:

Greek yoghurt with a handful of nuts.

Meal 5. Evening Snack:

Sprouts salad with cucumber, tomato, and lemon juice.

Meal 6. Dinner:

Grilled fish or mushroom tikka with a side of steamed vegetables.

### Day 2: weight loss diet chart

Meal 1. Breakfast:

Quinoa porridge with almond milk, topped with berries and a sprinkle of cinnamon.

Meal 2. Mid-Morning Snack:

Roasted chickpeas.

Meal 3. Lunch:

Whole wheat roti with palak paneer and a side of mixed vegetable curry.

Meal 4. Afternoon Snack:

Carrot sticks with hummus.

Meal 5. Evening Snack:

Boiled egg or tofu scramble with bell peppers and spices.

Meal 6. Dinner:

Grilled chicken breast with a side of brown rice and stir-fried vegetables.

### Day 3: weight loss diet chart

Meal 1. Breakfast:

Vegetable upma made with sooji (semolina), loaded with colourful veggies.

Meal 2. Mid-Morning Snack:

A handful of trail mixes.

Meal 3. Lunch:

Veg pulao with mixed vegetables and a side of raita or a yoghurt dip.

Meal 4. Afternoon Snack:

Roasted makhana (fox nuts).

Meal 5. Evening Snack:

Veggie sticks with homemade guacamole.

Meal 6. Dinner:

Lentil soup with a side of quinoa or brown rice and a mixed green salad.

### Day 4: weight loss diet chart

Meal 1. Breakfast:

Moong dal cheela (pancake) with mint chutney.

Meal 2. Mid-Morning Snack:

Greek yogurt with a drizzle of honey and sliced almonds.

Meal 3. Lunch:

Whole wheat roti with aloo gobi (potato and cauliflower curry) and a side of cucumber raita.

Meal 4. Afternoon Snack:

Steamed edamame beans.

Meal 5. Evening Snack:

Chia seed pudding with coconut milk and berries.

Meal 6. Dinner:

Grilled fish or tofu with a side of quinoa and steamed vegetables with a roti.

## Day 5: weight loss diet chart

Meal 1. Breakfast:

Vegetable poha (flattened rice) cooked with onions, tomatoes, and peas.

Meal 2. Mid-Morning Snack:

A small bowl of mixed berries.

Meal 3. Lunch:

Brown rice with rajma (kidney bean curry) and a side of cucumber salad.

Meal 4. Afternoon Snack:

Roasted chana (chickpeas) with spices.

Meal 5. Evening Snack:

Steamed corn with a sprinkle of chaat masala.

Meal 6. Dinner:

Grilled chicken or tofu with a side of quinoa and sautéed spinach.

## Day 6: weight loss diet chart

Meal 1. Breakfast:

Whole wheat dosa with coconut chutney and sambar (lentil soup).

Meal 2. Mid-Morning Snack:

A handful of roasted almonds.

Meal 3. Lunch:

Whole wheat roti with bhindi masala (okra curry) and a side of mixed vegetable raita.

Meal 4. Afternoon Snack:

Cottage cheese (paneer) cubes with cherry tomatoes.

Meal 5. Evening Snack:

Baked sweet potato fries.

Meal 6. Dinner:

Lentil soup with a side of quinoa or brown rice and a mixed green salad.

## Day 7: weight loss diet chart

Meal 1. Breakfast:

Vegetable uttapam (savory pancake) with mint chutney or plain chutney.

Meal 2. Mid-Morning Snack:

A small bowl of sliced kiwi.

Meal 3. Lunch:

Quinoa with mixed vegetables and a side of tofu with two rotis.

Meal 4. Afternoon Snack:

Roasted pumpkin seeds.

Meal 5. Evening Snack:

Steamed broccoli florets with a squeeze of lemon, salt and pepper.

Meal 6. Dinner:

Grilled fish or paneer tikka with a side of brown rice and stir-fried vegetables.