

# Your 7-Day Diet Plan

Prepared for **Priya Sharma** · 11 Oct 2026

Hi Priya, your plan is ready. 7 days of Indian home food, measured in katoris and rotis, built around your body and your goal.

|                                                                                                              |                                                                                                                                  |                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div>Open today's page</div> <div>Each day has its own page with every meal and its time.</div> | <div>2</div> <div>Cook in home measures</div> <div>Katori, roti, glass and teaspoon. The measures table explains each one.</div> | <div>3</div> <div>Tick as you go</div> <div>Tick each meal and glass of water. The week tracker shows your progress.</div> |
|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|

|                   |                                                                          |
|-------------------|--------------------------------------------------------------------------|
| You               | 28 yrs · Female · 160 cm · 68 kg · Lightly active                        |
| Goal · Food       | Fat Loss · Veg · North Indian dishes                                     |
| Health conditions | None reported                                                            |
| BMI               | 26.6 - Overweight (Dietary Guidelines for Indians 2024: healthy 18.5-23) |

## Your daily targets

|                                        |                                               |                                          |                                              |                                   |                                               |
|----------------------------------------|-----------------------------------------------|------------------------------------------|----------------------------------------------|-----------------------------------|-----------------------------------------------|
| <div>1,730</div> <div>kcal a day</div> | <div>59 g</div> <div>protein (at least)</div> | <div>243 g</div> <div>carbohydrate</div> | <div>58 g</div> <div>fat (all sources)</div> | <div>26 g+</div> <div>fibre</div> | <div>1.5 L</div> <div>water (6 glasses)</div> |
|----------------------------------------|-----------------------------------------------|------------------------------------------|----------------------------------------------|-----------------------------------|-----------------------------------------------|

## How these numbers were worked out

|                      |                                                                                                                                                                                                                                                         |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Energy at rest (BMR) | 1,232 kcal a day (ICMR-NIN 2020 equation for Indians), worked out for a body weight of 59 kg                                                                                                                                                            |
| Daily need           | 1,725 kcal a day with your activity (ICMR-NIN activity level: sedentary, factor 1.4)                                                                                                                                                                    |
| Calories             | 1,730 kcal. Worked out for a healthy body weight of 59 kg (top of the healthy BMI range for Indians, DGI 2024) instead of your current weight, so eating this amount moves you gradually towards that weight.                                           |
| Protein              | 59 g. About 1 g per kg - ICMR-NIN advises 1 g/kg for Indian cereal-based diets, kept within the 10-15% of calories in the Dietary Guidelines for Indians 2024. Protein powders are not needed (DGI 2024), worked out on a healthy body weight of 59 kg. |
| Carbs & fat          | 243 g carbs (56%) · 58 g fat (30%) · General (ICMR-NIN 2020 / DGI 2024)                                                                                                                                                                                 |
| Your menus           | The 7 menus average <b>1,711 kcal</b> and <b>65 g protein</b> a day. Each day's real total is printed under its menu.                                                                                                                                   |

### Before you start

This is general nutrition guidance, not medical advice. If you feel unwell, dizzy or very weak on this plan, stop and see a doctor.

## How to use this plan

| Measure                      | What it means                                                                                                                          |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 katori</b>              | A standard 150 ml bowl, filled level (cooked dal, sabzi, rice, curd)                                                                   |
| <b>1 medium roti</b>         | About 15 cm across, made from 30 g atta (about 2 heaped tbsp), no ghee on top                                                          |
| <b>1 glass</b> (milk, chaas) | 200 ml. Water targets use bigger 250 ml glasses.                                                                                       |
| <b>1 tsp</b> oil / ghee      | 5 g. The oil shown in small grey text is ALL the oil for that dish - cook with only that much.                                         |
| <b>Small grey text</b>       | The raw / dry weight of the main ingredients, for anyone who likes to weigh food. The bold household measure is what you actually eat. |

- Follow the days in order and repeat the week. Swapping two whole days, or two lunches/dinners, is fine.
- Want to change one dish? Use the swap table at the end so your totals stay right.
- Fruits and vegetables change with the season. Every fruit and sabzi has a green 'instead' option from foods sold all year, with about the same calories.
- No sugar is added anywhere in this plan. Tea/coffee: up to 2 small cups a day without sugar, not with meals.
- Stay within about 10% of the portions - consistency matters more than perfect numbers.

## Your week at a glance

| Day              | Breakfast                                          | Lunch                                                     | Dinner                                                  |
|------------------|----------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|
| <b>Monday</b>    | Vegetable poha + Paneer bhurji                     | Jowar roti / bhakri + Rajma + Beans sabzi / poriyal       | Vegetable pulao + Palak paneer + Lauki sabzi            |
| <b>Tuesday</b>   | Aloo paratha + Curd                                | Missi roti + Arhar / toor dal + Tinda sabzi               | Brown rice + Matar paneer + Baingan bharta              |
| <b>Wednesday</b> | Besan chilla with vegetables + Moong sprouts chaat | Jowar roti / bhakri + Moong dal + Gobi sabzi              | Moong dal khichdi + Chana dal with lauki + Karela sabzi |
| <b>Thursday</b>  | Moong dal chilla + Curd                            | Roti / chapati + Arhar / toor dal + Mixed vegetable sabzi | Brown rice + Rajma + Beans sabzi / poriyal              |
| <b>Friday</b>    | Plain paratha + Paneer bhurji                      | Vegetable pulao + Masoor dal + Tinda sabzi                | Missi roti + Chana masala + Gobi sabzi                  |
| <b>Saturday</b>  | Vegetable daliya + Moong sprouts chaat             | Steamed rice + Chana dal with lauki + Palak / saag        | Roti / chapati + Arhar / toor dal + Lauki sabzi         |
| <b>Sunday</b>    | Plain paratha + Paneer bhurji                      | Brown rice + Chana masala + Tinda sabzi                   | Bajra roti + Moong dal + Shimla mirch sabzi             |

# Your week tracker

Tick each box as you go. At the end of the week you can see at a glance how it went. Aim for at least 30-45 minutes of moderate activity a day, such as brisk walking (Dietary Guidelines for Indians 2024).

| Day       | Breakfast                | Lunch                    | Dinner                   | Snacks                   | Water (6 glasses)        | Active 30+ min           |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Monday    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuesday   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Saturday  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunday    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Missed a meal or had a heavy day?** No problem. Don't skip the next meal to make up for it; just carry on with the plan from your next meal.

# Monday

1,678 kcal · 63 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                                                      | kcal         | Protein     | Done                     |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>1½ katori</b> Vegetable poha<br>55 g poha (rice flakes) + 1 tsp oil<br><b>½ serving</b> Paneer bhurji<br>25 g paneer + ¼ tsp oil                                                                                                                                                                                                                                                                                                                                                      | 341          | 10 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>2 medium guavas</b> Guava<br>240 g guava<br>Not in season / not available? Have ½ medium banana instead.                                                                                                                                                                                                                                                                                                                                                                              | 77           | 3 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>3 rotis</b> Jowar roti / bhakri<br>105 g jowar flour<br><b>1 katori</b> Rajma<br>35 g dry rajma + 25 g tomato + ½ tsp oil<br><b>1 katori</b> Beans sabzi / poriyal<br>110 g french beans + ½ tsp oil<br>Not in season / not available? Have 1 katori patta gobhi (cabbage) sabzi instead.<br><b>1 plate</b> Green salad (kheera, tamatar, gajar, pyaz)<br>50 g cucumber + 30 g tomato + 20 g carrot<br><b>1 glass</b> Chaas / buttermilk (no added salt)<br>80 g curd (from cow milk) | 631          | 24 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>1 small fistful</b> Roasted peanuts (unsalted)<br>20 g peanuts (raw weight)                                                                                                                                                                                                                                                                                                                                                                                                           | 104          | 5 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>1 katori</b> Vegetable pulao<br>35 g raw rice + 20 g carrot + 20 g french beans + ½ tsp oil<br><b>1 katori</b> Palak paneer<br>100 g palak + 40 g paneer + ½ tsp oil<br><b>1 katori</b> Lauki sabzi<br>130 g lauki + ½ tsp oil<br>Not in season / not available? Have 1 katori shimla mirch sabzi instead.                                                                                                                                                                            | 379          | 14 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                                                      | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 208 g · Fat 63 g · Fibre 59 g · Oil/ghee 4 tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                                            | <b>1,678</b> | <b>63 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

# Tuesday 1,714 kcal · 59 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                          | kcal         | Protein     | Done                     |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>1 paratha</b> Aloo paratha (little oil)<br>50 g potato + 40 g whole-wheat atta + 1 tsp oil<br><b>1 katori</b> Curd (dahi)<br>150 g curd (from cow milk)                                                                                                                                                                                                                                                                                   | 317          | 10 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>2 medium apples</b> Apple<br>300 g apple<br>Not in season / not available? Have 5 katori papaya instead.                                                                                                                                                                                                                                                                                                                                  | 186          | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>2 rotis</b> Missi roti<br>40 g whole-wheat atta + 30 g besan + ¾ tsp oil<br><b>1 katori</b> Arhar / toor dal<br>30 g dry arhar / toor dal + ½ tsp oil<br><b>1 katori</b> Tinda sabzi<br>130 g tinda + ½ tsp oil<br>Not in season / not available? Have ½ katori mixed vegetable sabzi instead.<br><b>1 plate</b> Kheera (cucumber) salad<br>100 g cucumber<br><b>½ katori</b> Cucumber raita<br>55 g curd (from cow milk) + 20 g cucumber | 497          | 21 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>4 almonds</b> Almonds (soaked)<br>5 g almonds                                                                                                                                                                                                                                                                                                                                                                                             | 29           | 1 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>2 katori</b> Brown rice (cooked)<br>80 g raw brown rice<br><b>1 katori</b> Matar paneer<br>40 g paneer + 30 g green peas + 30 g tomato + ½ tsp oil<br><b>1 katori</b> Baingan bharta<br>130 g baingan + ½ tsp oil<br>Not in season / not available? Have 1½ katori shimla mirch sabzi instead.                                                                                                                                            | 539          | 20 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                          | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 229 g · Fat 59 g · Fibre 43 g · Oil/ghee 4¼ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                               | <b>1,714</b> | <b>59 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

# Wednesday

1,696 kcal · 73 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                           | kcal         | Protein     | Done                     |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>2 chillas</b> Besan chilla with vegetables<br>60 g besan + 20 g carrot + 20 g french beans + 1¼ tsp oil<br><b>1 katori</b> Moong sprouts chaat<br>30 g whole green moong (dry, sprouted) + 15 g cucumber                                                                                                                                                                                                                                                   | 356          | 21 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>1 medium chikoo</b> Chikoo<br>80 g chikoo<br>Not in season / not available? Have ½ medium apple instead.                                                                                                                                                                                                                                                                                                                                                   | 58           | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>3 rotis</b> Jowar roti / bhakri<br>105 g jowar flour<br><b>1 katori</b> Moong dal<br>30 g dry moong dal + ½ tsp oil<br><b>1 katori</b> Gobi sabzi<br>120 g cauliflower + ½ tsp oil<br>Not in season / not available? Have 1 katori shimla mirch sabzi instead.<br><b>1 plate</b> Green salad (kheera, tamatar, gajar, pyaz)<br>50 g cucumber + 30 g tomato + 20 g carrot<br><b>1 glass</b> Chaas / buttermilk (no added salt)<br>80 g curd (from cow milk) | 608          | 24 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>1 small fistful</b> Roasted peanuts (unsalted)<br>20 g peanuts (raw weight)                                                                                                                                                                                                                                                                                                                                                                                | 104          | 5 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>1½ katori</b> Moong dal khichdi<br>40 g raw rice + 25 g dry moong dal + 25 g carrot + 25 g french beans + 1 tsp ghee<br><b>1 katori</b> Chana dal with lauki<br>40 g lauki + 25 g dry chana dal + ½ tsp oil<br><b>1 katori</b> Karela sabzi<br>100 g karela + ½ tsp oil<br>Not in season / not available? Have 1 katori beans sabzi / poriyal instead.                                                                                                     | 423          | 16 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                           | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 226 g · Fat 52 g · Fibre 61 g · Oil/ghee 4½ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                | <b>1,696</b> | <b>73 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

# Thursday 1,711 kcal · 73 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                                              | kcal         | Protein     | Done                     |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>3 chillas</b> Moong dal chilla<br>90 g dry moong dal + 30 g carrot + 30 g french beans + 1¼ tsp oil<br><b>1 katori</b> Curd (dahi)<br>150 g curd (from cow milk)                                                                                                                                                                                                                                                                                                              | 500          | 27 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>1 katori</b> Pineapple<br>120 g pineapple<br>Not in season / not available? Have ½ medium banana instead.                                                                                                                                                                                                                                                                                                                                                                     | 52           | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>2 medium rotis</b> Roti / chapati (no ghee)<br>60 g whole-wheat atta<br><b>1 katori</b> Arhar / toor dal<br>30 g dry arhar / toor dal + ½ tsp oil<br><b>1 katori</b> Mixed vegetable sabzi<br>40 g carrot + 40 g french beans + 20 g cauliflower + ½ tsp oil<br>Not in season / not available? Have 2 katori lauki sabzi instead.<br><b>1 plate</b> Kheera (cucumber) salad<br>100 g cucumber<br><b>1 katori</b> Cucumber raita<br>110 g curd (from cow milk) + 40 g cucumber | 494          | 21 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>8 walnut halves</b> Walnuts<br>15 g walnuts                                                                                                                                                                                                                                                                                                                                                                                                                                   | 108          | 2 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>1½ katori</b> Brown rice (cooked)<br>60 g raw brown rice<br><b>1 katori</b> Rajma<br>35 g dry rajma + 25 g tomato + ½ tsp oil<br><b>1 katori</b> Beans sabzi / poriyal<br>110 g french beans + ½ tsp oil<br>Not in season / not available? Have 1 katori patta gobhi (cabbage) sabzi instead.                                                                                                                                                                                 | 411          | 16 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                                              | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 219 g · Fat 57 g · Fibre 48 g · Oil/ghee 4¼ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                                   | <b>1,711</b> | <b>73 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

# Friday

1,687 kcal · 57 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | kcal         | Protein     | Done                     |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>1 paratha</b> Plain paratha (tawa, little oil)<br>35 g whole-wheat atta + ¾ tsp oil<br><b>½ serving</b> Paneer bhurji<br>25 g paneer + ¼ tsp oil                                                                                                                                                                                                                                                                                                                                                   | 240          | 9 g         | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>2 katori</b> Papaya<br>300 g ripe papaya<br><i>Not in season / not available? Have ½ medium banana instead.</i>                                                                                                                                                                                                                                                                                                                                                                                    | 72           | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>1½ katori</b> Vegetable pulao<br>55 g raw rice + 30 g carrot + 30 g french beans + 1 tsp oil<br><b>½ katori</b> Masoor dal<br>15 g dry masoor dal + ¼ tsp oil<br><b>1 katori</b> Tinda sabzi<br>130 g tinda + ½ tsp oil<br><i>Not in season / not available? Have 1 katori lauki sabzi instead.</i><br><b>1 plate</b> Green salad (kheera, tamatar, gajar, pyaz)<br>50 g cucumber + 30 g tomato + 20 g carrot<br><b>2 glasses</b> Chaas / buttermilk (no added salt)<br>160 g curd (from cow milk) | 491          | 16 g        | <input type="checkbox"/> |
| <b>Extra meal</b><br>3:30 pm           | <b>½ small fistful</b> Roasted peanuts (unsalted)<br>10 g peanuts (raw weight)<br><b>2 medium bananas</b> Banana<br>200 g banana<br><i>Not in season / not available? Have 6 katori papaya instead.</i><br><i>Extra meal because your calorie need is higher than regular meals can hold - don't skip it.</i>                                                                                                                                                                                         | 262          | 5 g         | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>12 almonds</b> Almonds (soaked)<br>15 g almonds                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 88           | 3 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>2 rotis</b> Missi roti<br>40 g whole-wheat atta + 30 g besan + ¾ tsp oil<br><b>½ katori</b> Chana masala (whole chana)<br>20 g dry whole chana + ¼ tsp oil<br><b>1 katori</b> Gobi sabzi<br>120 g cauliflower + ½ tsp oil<br><i>Not in season / not available? Have 1 katori mixed vegetable sabzi instead.</i>                                                                                                                                                                                    | 387          | 17 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 213 g · Fat 64 g · Fibre 49 g · Oil/ghee 4½ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                                                        | <b>1,687</b> | <b>57 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

Saturday 1,744 kcal · 66 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                                      | kcal         | Protein     | Done                     |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>1½ katori</b> Vegetable daliya (broken wheat)<br>55 g daliya (broken wheat) + 25 g carrot + 25 g french beans + ¼ tsp oil<br><b>1 katori</b> Moong sprouts chaat<br>30 g whole green moong (dry, sprouted) + 15 g cucumber                                                                                                                                                                                                                                            | 320          | 13 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>1 medium orange</b> Orange<br>130 g orange<br>Not in season / not available? Have ½ medium apple instead.                                                                                                                                                                                                                                                                                                                                                             | 48           | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>1 katori</b> Steamed rice (cooked)<br>40 g raw rice<br><b>1 katori</b> Chana dal with lauki<br>40 g lauki + 25 g dry chana dal + ½ tsp oil<br><b>1 katori</b> Palak / saag<br>150 g palak + ½ tsp oil<br>Not in season / not available? Have 1 katori patta gobhi (cabbage) sabzi instead.<br><b>1 plate</b> Kheera (cucumber) salad<br>100 g cucumber<br><b>2 katori</b> Curd (dahi)<br>300 g curd (from cow milk)<br><b>½ tsp</b> Ghee on roti or dal<br>½ tsp ghee | 575          | 22 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>8 walnut halves</b> Walnuts<br>15 g walnuts                                                                                                                                                                                                                                                                                                                                                                                                                           | 108          | 2 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>4 medium rotis</b> Roti / chapati (no ghee)<br>120 g whole-wheat atta<br><b>1 katori</b> Arhar / toor dal<br>30 g dry arhar / toor dal + ½ tsp oil<br><b>1 katori</b> Lauki sabzi<br>130 g lauki + ½ tsp oil<br>Not in season / not available? Have ½ katori beans sabzi / poriyal instead.                                                                                                                                                                           | 547          | 20 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                                      | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 236 g · Fat 56 g · Fibre 46 g · Oil/ghee 3½ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                           | <b>1,744</b> | <b>66 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

# Sunday

1,745 kcal · 61 g protein

| Meal                                   | What to eat (cooked, home measures)                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | kcal         | Protein     | Done                     |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------------------|
| <b>Breakfast</b><br>8:00 - 9:00 am     | <b>2 parathas</b> Plain paratha (tawa, little oil)<br>70 g whole-wheat atta + 1½ tsp oil<br><b>½ serving</b> Paneer bhurji<br>25 g paneer + ¼ tsp oil                                                                                                                                                                                                                                                                                                                                                  | 388          | 12 g        | <input type="checkbox"/> |
| <b>Mid-morning</b><br>11:00 am         | <b>1 katori</b> Grapes<br>100 g grapes<br><i>Not in season / not available? Have ½ medium banana instead.</i>                                                                                                                                                                                                                                                                                                                                                                                          | 54           | 1 g         | <input type="checkbox"/> |
| <b>Lunch</b><br>1:00 - 2:00 pm         | <b>2 katori</b> Brown rice (cooked)<br>80 g raw brown rice<br><b>1 katori</b> Chana masala (whole chana)<br>35 g dry whole chana + 25 g tomato + ½ tsp oil<br><b>1 katori</b> Tinda sabzi<br>130 g tinda + ½ tsp oil<br><i>Not in season / not available? Have ½ katori mixed vegetable sabzi instead.</i><br><b>1 plate</b> Green salad (kheera, tamatar, gajar, pyaz)<br>50 g cucumber + 30 g tomato + 20 g carrot<br><b>1 glass</b> Chaas / buttermilk (no added salt)<br>80 g curd (from cow milk) | 553          | 19 g        | <input type="checkbox"/> |
| <b>Evening snack</b><br>4:30 - 5:30 pm | <b>10 almonds</b> Almonds (soaked)<br>10 g almonds                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 73           | 2 g         | <input type="checkbox"/> |
| <b>Dinner</b><br>7:30 - 8:30 pm        | <b>3 rotis</b> Bajra roti<br>105 g bajra flour<br><b>1 katori</b> Moong dal<br>30 g dry moong dal + ½ tsp oil<br><b>1 katori</b> Shimla mirch sabzi<br>110 g capsicum + ½ tsp oil<br><i>Not in season / not available? Have 1 katori lauki sabzi instead.</i>                                                                                                                                                                                                                                          | 531          | 20 g        | <input type="checkbox"/> |
| <b>Bedtime</b><br>9:30 pm              | <b>1 glass</b> Milk (no sugar)<br>200 ml milk (cow)                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 146          | 7 g         | <input type="checkbox"/> |
| <b>Day total</b>                       | <b>Carbs 238 g · Fat 58 g · Fibre 47 g · Oil/ghee 4¼ tsp</b><br>Your target: 1,730 kcal, at least 59 g protein                                                                                                                                                                                                                                                                                                                                                                                         | <b>1,745</b> | <b>61 g</b> |                          |

Water today (6 glasses of 250 ml) ☐☐☐☐☐☐

## Smart swaps

Worked out from the same food values as your menus, so your totals stay right. Only foods that suit you are listed.

### Grains (same calories as 2 medium rotis Roti / chapati (no ghee), about 193 kcal)

|                                           |
|-------------------------------------------|
| 2 rotis Jowar roti / bhakri               |
| 2 rotis Bajra roti                        |
| 2 rotis Ragi roti                         |
| 1 roti Missi roti                         |
| 1½ katori Steamed rice (cooked)           |
| 1½ katori Brown rice (cooked)             |
| 1 katori Moong dal khichdi                |
| 1 katori Vegetable poha                   |
| 1½ katori Vegetable rava upma             |
| 1½ katori Vegetable daliya (broken wheat) |

### Protein foods (same protein as 1 katori Moong dal, about 7 g)

|                                     |
|-------------------------------------|
| 1 katori Masoor dal                 |
| 1 katori Arhar / toor dal           |
| 1 katori Rajma                      |
| 1 katori Chana masala (whole chana) |
| ½ serving Paneer bhurji             |
| 1½ katori Curd (dahi)               |
| 1 glass Milk (no sugar)             |

Protein swaps change calories a little - paneer and meat curries carry more fat than dal.

### Fruits (any one serving can replace another)

1 medium apple · 1 medium guava · 1 medium orange · 1 medium mausambi · 1 medium pear · 1 katori papaya · 1 katori of dana pomegranate · 1 katori pineapple · 1 bowl watermelon · 1 medium banana

# Water plan

1.5 litres a day = 6 glasses of 250 ml (ICMR-NIN 2020: about 27 ml per kg for your age, sex and activity). Drink more in hot weather or when you sweat a lot.

| On waking | Mid-morning | Before lunch | Afternoon | Evening | Before dinner |
|-----------|-------------|--------------|-----------|---------|---------------|
| 1 glass   | 1 glass     | 1 glass      | 1 glass   | 1 glass | 1 glass       |

Pale-yellow urine means you are drinking enough. Milk, chaas and the dal in your meals add extra fluid.

# Everyday habits (ICMR-NIN Dietary Guidelines 2024)

- Salt: keep added salt under 5 g a day and use iodised salt (DGI 2024).
- Sugar: this plan has no added sugar. Keep added sugar under 5% of calories (DGI 2024).
- Oil: all the oil/ghee is already counted in each dish. Keep cooking oil to 25-30 g a day, use a combination of oils and avoid vanaspati (DGI 2024).
- Eat the vegetables and fruit in every day's menu - DGI 2024 advises about 400 g vegetables and 100 g fruit a day (2000 kcal diet).
- Avoid ultra-processed foods high in fat, sugar and salt (DGI 2024).
- Protein comes from normal meals - DGI 2024 advises against protein supplements to build muscle.
- Be physically active for at least 30-45 minutes of moderate activity a day (DGI 2024).

# Key vitamins & minerals

Daily RDA for adults (ICMR-NIN 2020).

| Iron  | Calcium | Zinc    | Vitamin A | Vitamin C | Vitamin B12 |
|-------|---------|---------|-----------|-----------|-------------|
| 29 mg | 1000 mg | 13.2 mg | 840 µg    | 65 mg     | 2.2 µg      |

A varied diet of cereals, pulses, vegetables, fruits, milk and nuts, as in your menus, is the way ICMR-NIN advises meeting these needs.

## Stop and see a doctor if you have

- Dizziness, fainting, unusual weakness or confusion
- Chest pain, breathlessness or a very fast heartbeat
- An allergic reaction (rash, swelling, difficulty breathing) - get urgent help

## You've got this, Priya.

Small, steady steps every day add up. Repeat this week, and come back for a new plan when your weight, goal or health changes.

# Sources

- ICMR-NIN. Nutrient Requirements for Indians - Recommended Dietary Allowances and Estimated Average Requirements, 2020.
- ICMR-NIN. Dietary Guidelines for Indians, 2024.
- ICMR-NIN. Indian Food Composition Tables (IFCT), 2017 - all food values.
- ICMR. Guidelines for Management of Type 2 Diabetes, 2018.
- ICMR & Department of Health Research, MoHFW. Standard Treatment Workflows: Hypertension in Adults; Chronic Kidney Disease; Hypothyroidism; Antenatal care.
- FSSAI. Food Safety and Standards (Food Products Standards and Food Additives) Regulations - standards for dahi and ghee.

**Disclaimer.** This plan is general nutrition information created by software from the details you entered. It is not medical advice, a diagnosis, a prescription or a treatment, and it is not a substitute for a doctor or registered dietitian. Nutrition values are estimates from the Indian Food Composition Tables 2017; real values change with recipe, brand and portion. If you have a medical condition, are pregnant or breastfeeding, take regular medicines, or feel unwell on this plan, speak to your doctor before following it and follow their advice over this plan. Do not stop or change any medicine because of this plan. For adults (18+) only.