

Fat Loss – Vegetarian (7Days) Meal-wise Diet Chart

Quantity • Protein • Calories • Fat Calories

Breakfast (Day1–Day7)

Day	Food	Quantity	Protein(g)	Calories	Fat Cal
Day 1	Moong dal chilla+ chutney	2 chilla + 1tbsp	19	300	77
Day 2	Oatsupma + buttermilk	1 cup + 1 glass	12	260	40
Day 3	Besancheela	2 medium	16	270	60
Day 4	Poha	1 cup	6	250	45
Day 5	Daliyaupma	1 cup	10	240	30
Day 6	Ragidosa	2 pieces	14	260	35
Day 7	Quinoaporridge + nuts	1 cup + 15g	15	280	50
	Total		92	1860	337

Mid-Morning (Day1–Day7)

Day	Food	Quantity	Protein(g)	Calories	Fat Cal
Day 1	Apple + almonds	1 apple + 6pcs	2.5	120	30
Day 2	Orange + walnuts	1 + 4 halves	4	110	40
Day 3	Coconut water + dates	1 glass + 5	2	100	0
Day 4	Guava + almonds	1 + 6 pcs	4	115	40
Day 5	Pear + cashews	1 + 4 pcs	3	120	30
Day 6	Coconut water + banana	1 glass + 1 small	2	110	0
Day 7	Orange + green tea	1 + 1 cup	1	60	0
	Total		18.5	735	140

Lunch(Day1–Day7)

	Food	Quantity	Protein(g)	Calories	Fat Cal
Day 1	Quinoapulao + raita + palak	1cup+ ½cup+ 1	cup 20	350	75
Day 2	Brownrice + rajma + salad	¾cup +1 cup	18	380	40
Day 3	Quinoakhichdi+dahi+ bhindi	1cup+ ½cup+ 1	cup 14	340	70
Day 4	Brownrice+sambhar+spinach	1cup+ 1cup +1 cu	p 16	360	55
Day 5	Quinoa+mixeddal+ lauki	1cup+ 1cup +1 cu	p 20	370	80
Day 6	Brownrice+chole+ salad	1cup+ 1cup +1 bo	wl 18	390	60
Day 7	Milletpulao+moongdal+raita	1cup+ 1cup+ ½	cup 17	350	60
	Total		123	2540	440

Snacks / Evening (Day1–Day7)

Day	Food	Quantity	Protein(g)	Calories	Fat Cal
Day 1	Roasted chana + green tea	¼ cup + 1 cup	5	90	10
Day 2	Sprouts chaat	½ cup	6	85	10
Day 3	Roasted makhana	20g	3	75	10
Day 4	Buttermilk	1 glass	2	60	5
Day 5	Green tea + biscuits	1 cup + 2 pcs	2	80	25
Day 6	Pumpkin seeds	15g	4	85	60
Day 7	Sprouts salad	½ cup	6	95	10
	Total		28	570	130

Dinner (Day1–Day7)

Day	Food	Quantity	Protein(g)	Calories	Fat Cal
Day 1	Paneer + roti	100g + 1	22	320	190
Day 2	Tofu bhurji + bajra roti	150g + 1	24	310	135
Day 3	Chana dal + roti	1 cup + 1	20	350	35
Day 4	Paneer tikka + salad	100g + bowl	25	280	165
Day 5	Tofu curry + roti	150g + 1	22	330	135
Day 6	Paneer veg curry + jowar roti	120g + 1	24	340	185
Day 7	Grilled paneer + vegetables	120g + 1 cup	28	320	200
	Total		165	2250	1045