

Here's a FREE 7-Day Weight Loss Meal Plan

GENERAL RULES (IMPORTANT)

1. Drink 2.5–3 liters water/day
2. Avoid sugar, fried food, bakery items
3. Portion control is key
4. Walk 20–30 minutes daily

DAY 1

1. Morning (Empty Stomach)
2. Warm water + lemon
3. Breakfast
4. Vegetable oats OR 2 boiled eggs
5. 1 fruit (apple/orange)
6. Lunch
7. 2 chapati
8. Dal + sabzi
9. Salad (cucumber, carrot)
10. Snack
11. Green tea + handful roasted chana
12. Dinner
13. Vegetable soup OR paneer bhurji (100g)

DAY 2

1. Morning
2. Warm water + 5 soaked almonds
3. Breakfast
4. 2 egg omelet OR besan chilla
5. 1 fruit
6. Lunch
7. Brown rice (small bowl)
8. Rajma/chole
9. Salad
10. Snack

11. Fruit OR buttermilk
12. Dinner
13. Stir-fried vegetables + curd

 **DAY 3**

1. Morning
2. Jeera water
3. Breakfast
4. Poha (less oil) OR oats
5. Green tea
6. Lunch
7. 2 chapati
8. Chicken curry (100–120g) OR paneer
9. Salad
10. Snack
11. Roasted peanuts (small handful)
12. Dinner
13. Vegetable soup

 **DAY 4**

1. Morning
2. Lemon water
3. Breakfast
4. Curd + fruit bowl
5. 1 boiled egg (optional)
6. Lunch
7. 2 chapati
8. Dal
9. Sabzi
10. Snack
11. Green tea + makhana
12. Dinner
13. Grilled chicken OR paneer + vegetables

 **DAY 5**

1. Morning
2. Warm water
3. Breakfast
4. Oats / upma (light)
5. Fruit
6. Lunch
7. Rice (small bowl)
8. Fish curry OR rajma
9. Salad
10. Snack
11. Coconut water
12. Dinner
13. Vegetable stir-fry + curd

 **DAY 6**

1. Morning
2. Jeera water
3. Breakfast
4. 2 boiled eggs OR besan chilla
5. Green tea
6. Lunch
7. 2 chapati
8. Chicken/paneer
9. Sabzi
10. Snack
11. Fruit
12. Dinner
13. Soup or light salad

 **DAY 7**

1. Morning
2. Lemon water
3. Breakfast
4. Healthy poha OR omelet
5. Lunch
6. Normal homemade meal (controlled portion)
7. Snack
8. Green tea + nuts

9. Dinner

10. Very light (soup / fruit / curd)

EXPECTED RESULTS

- 7 days: 1–2 kg weight loss (depends on body type)
- Less bloating
- Better energy
- If you want:
- Vegetarian-only plan
- Non-veg fat loss plan
- Indian veg budget plan
- Gym + meal plan