



## 7-Day Vegetarian Diet Plan For Weight Loss

| MEALS                                                                                               | DAY 1                                                                           | DAY 2                                                                                 | DAY 3                                                                         | DAY 4                                                                                        | DAY 5                                                                           | DAY 6                                                                           | DAY 7                                                                                  |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <br>WAKING UP      | Apple cider Vinegar (2tsp) + flax seeds (1tbsp)                                 | Tulsi Drops (1tsp) + Walnuts (3 nos.)                                                 | Ginger and Tulsi Tea (1 Cup) + mixed seeds (1tsp)                             | Lemon Ginger tea (1 cup) + Almonds (5 nos.)                                                  | Apple cider Vinegar (2tsp) + Mixed nuts (5 nos.)                                | Ginger Tea with Honey (1 Cup) + 2 Walnuts                                       | Lemon Honey Tea (1 cup) + pumpkin seeds (1tbsp)                                        |
| <br>BREAKFAST      | Red Poha with Veggies (1 Bowl) + Bottle gourd Juice (1glass) + Sprouts (3tbsp)  | Brown rice idli (3 nos.) + Sambar                                                     | Oats with Milk (1bowl) + Fruit (1 no) + moong sprouts raw (3 tbsp)            | Mixed Veg Brown Bread Sandwich (2slice) + Cucumber carrot Juice (1 glass) + sprouts (3 tbsp) | Chole paratha (1 no.) + Chutney (2 tsp) + Spinach Cucumber mint Juice (1 glass) | Besan Chilla with Veggies stuffed + Chutney (3tbsp)                             | Brown rice Dosa (2 nos.) + sambar (1 bowl)                                             |
| <br>MID MORNING    | Mint Jeera butter milk (1 glass)                                                | Fruit bowl                                                                            | Blanched vegetable juice (1 glass)                                            | Tender coconut water (1 glass)                                                               | Watermelon (1 bowl)                                                             | Nutty fruit Salad (1bowl)                                                       | Ragi Buttermilk Pudding (1bowl)                                                        |
| <br>LUNCH          | Brown Rice (1 bowl) + Kucumber (1 bowl) + Dal + Vg Curry (1 cup)                | Whole wheat Phulka (2 nos.) + Chole curry (1 bowl) + Mixed pepper corn salad (1 bowl) | Stuffed multigrain paratha (2nos.) + Cucumber Raita (1Katori)                 | Rice (1 bowl) + dal (1 bowl) + Tomato Garlic Rasam (1bowl)                                   | Multigrain roti (2nos.) + Lauki dal (1 bowl) + Buttermilk (1 glass)             | Millet Roti (2 nos.) + Masli amla curry (1 bowl) + Tomato pepper rasam (1 bowl) | Moong Dal Khichdi (1bowl) + Cucumber Raita (1 Katori)                                  |
| <br>EVENING SNACK | Green Tea (1 cup) + Roasted Makhana (5tsp)                                      | Tea without Sugar (1cup) + Chana Sondal (5 tbsp)                                      | Lime Juice (Salty) (1 glass) + Groundnut Tikki (50 gm)                        | Herbal tea (1 Cup) + Roasted bhaj (50 gm)                                                    | Boiled peanuts (50gm) + Green tea (1 Cup)                                       | Green Tea (1 Cup) + Bhajia (3 tbsp)                                             | Ginger tea (1 Cup) + Boiled Green peas Chaat (3 tbsp)                                  |
| <br>DINNER       | Whole wheat Phulka (2 nos.) + Veg curry (1 bowl) + Pumpkin Lentil Soup (1 bowl) | Pumpkin Dal Soup with Oats (1 Bowl) + Sautéed coloured Pepper (1 Bowl)                | Whole Wheat Phulka (2no) + capsicum curry (1 bowl) + Dal garlic Soup (1 bowl) | Boiled Sweet Potato Chaat (1 bowl) + Mushroom Soup (1 bowl)                                  | Broken wheat Khichdi (1bowl) + Chutney (3 tbsp)                                 | Paneer wrap (1 no.) + Sautéed Mixed Vegetable Salad (1 bowl)                    | Jowar Phulka (2nos.) + Green peas curry (1 bowl) + Moringa leaves tomato soup (1 bowl) |
| <br>BED TIME     | Turmeric Milk                                                                   | Triphala tablet (1 no.)                                                               | Cinnamon Milk                                                                 | Turmeric Pepper Milk                                                                         | Triphala tablet (1 no.)                                                         | Cinnamon water                                                                  | Pepper milk                                                                            |

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