

Nutrition by Namita

FOOD TO HEALTH

FREE 7-DAY WEIGHT LOSS MEAL PLAN

Simple • Healthy • Sustainable • Indian

Welcome!

Hello! I'm Namita, your certified nutritionist. This 7-day meal plan is designed keeping Indian food habits in mind — simple, wholesome, and effective for weight loss. Follow this plan consistently and combine it with light exercise for best results. Remember: food is your medicine!

DAY 1

Early Morning	Warm lemon water + 5 soaked almonds
Breakfast	Vegetable oats upma + green tea
Mid Morning	1 seasonal fruit
Lunch	2 rotis + dal + sabzi + salad + buttermilk
Evening Snack	Roasted chana + herbal tea
Dinner	Vegetable khichdi + curd

DAY 2

Early Morning	Methi seeds water + 4 walnuts
Breakfast	Moong dal chilla + mint chutney
Mid Morning	Cucumber + carrot sticks
Lunch	Brown rice + rajma + salad + buttermilk
Evening Snack	Makhana + green tea
Dinner	Palak soup + 2 rotis + sabzi

DAY 3

Early Morning	Jeera water + 5 almonds
Breakfast	Besan cheela + curd
Mid Morning	1 banana or apple
Lunch	2 rotis + chicken curry / paneer + salad
Evening Snack	Sprouts chaat
Dinner	Vegetable daliya + salad

DAY 4

Early Morning	Warm water + honey + lemon
Breakfast	Poha with vegetables + green tea
Mid Morning	Buttermilk
Lunch	Brown rice + dal + sabzi + salad
Evening Snack	Roasted peanuts + herbal tea
Dinner	Egg bhurji / paneer bhurji + 2 rotis

DAY 5

Early Morning	Cinnamon water + almonds
Breakfast	Idli + sambar + coconut chutney
Mid Morning	1 seasonal fruit
Lunch	2 rotis + chole + salad + lassi
Evening Snack	Makhana + green tea
Dinner	Moong dal soup + 2 rotis + sabzi

DAY 6

Early Morning	Warm lemon water + walnuts
Breakfast	Dosa + sambar
Mid Morning	Roasted chana
Lunch	Quinoa / brown rice + dal + salad
Evening Snack	Fruit chaat
Dinner	Vegetable soup + 2 rotis

DAY 7

Early Morning	Detox water + almonds
Breakfast	Vegetable upma + green tea
Mid Morning	Coconut water
Lunch	2 rotis + fish curry / paneer + salad
Evening Snack	Sprouts + lemon
Dinner	Khichdi + curd + salad

Important Tips for Best Results

- * Drink 8-10 glasses of water daily.
- * Avoid sugar, maida, fried foods, and packaged snacks.
- * Eat dinner at least 2 hours before bedtime.
- * Walk for at least 30 minutes daily.
- * Do not skip meals — eat every 3-4 hours.
- * Replace white rice/roti with brown rice/multigrain roti where possible.
- * Sleep 7-8 hours every night — sleep affects weight loss!

Want a PERSONALIZED Meal Plan Just for You?

Book a Consultation with Namita Today!

Food is Medicine — Eat Right, Live Right!