Indian Diet Chart For Women (Aged 25-44) Weight Loss

Day	Early Morning	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner	Calories (kcal)	Spice/Nutrition Hack
Mon	Lemon water + almonds (50 kcal)	Moong dal chilla (2 Pieces) + mint chutney (220 kcal)	Orange (60 kcal)	1 phulka + lauki sabzi + dal + salad (340 kcal)	Buttermilk (100 ml) + makhana (80 kcal)	Veg soup + grilled paneer (80g) (200 kcal)	950	Ajwain water aids digestion
Tue	Herbal tea +2 walnuts (60 kcal)	Vegetable oats upma (240 kcal)	Apple (80 kcal)	Brown rice + sprout curry + raita (350 kcal)	Roasted chana (100 kcal)	Bajra roti + spinach + moong dal (210 kcal)	1040	Jeera tadka boosts metabolism
Wed	Warm water + 2 almonds (30 kcal)	2 idli + sambhar + chutney (210 kcal)	Papaya bowl (100 kcal)	1 phulka + bhindi sabzi + masoor dal (340 kcal)	Green tea + boiled egg (90 kcal)	Rasam + sautéed beans + quinoa (330 kcal)	1100	Mustard seeds for gut health
Thu	Herbal tea (5 kcal)	2 egg whites + toast + cucumber (200 kcal)	Seasonal fruit (70 kcal)	Multigrain roti + chana dal + paneer bhurji + salad (390 kcal)	Masala chai + khakhra (2 Pieces) (120 kcal)	Millet khichdi + curd + veg stir-fry (320 kcal)	1105	Pepper & turmeric = immunity
Fri	Lemon water (5 kcal)	Oats porridge + apple + cinnamon (210 kcal)	Sprouts chaat (100 kcal)	Tofu bhurji + phulka + salad (350 kcal)	Coconut water + chana (60 kcal)	Zucchini sauté + clear soup (180 kcal)	905	Ginger in soup fights bloating
Sat	Warm water (0 kcal)	Paratha (no butter) + curd (220 kcal)	Papaya/guava (65 kcal)	Veg pulao + raita + salad (360 kcal)	Fruit bowl + 5 almonds (110 kcal)	Tandoori paneer (100g) + boiled veg (205 kcal)	960	Mint-coriander chutney for flavor
Sun	Jeera water (5 kcal)	Banana-oats smoothie (210 kcal)	Green tea + seeds (70 kcal)	Millet khichdi + kadhi + salad (360 kcal)	Roasted makhana (75 kcal)	Moong soup + spinach + phulka (220 kcal)	940	Hing & cumin = better digestion

MYFITMAP

Tip to reach 1200–1500 kcal for sustainable weight loss:

Increase protein or vegetable portions, add curd/yogurt, or include a small fruit after dinner when required.

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How to Use:

- Print this table for your kitchen or planner.
- Swap veggies, grains, or proteins as needed (keep calories in range).
- Write meals after completion, and jot notes on the tracker Sheet!
- Download Meal Tracker Sheet

This format makes meal planning and calorie tracking visual, accessible, and motivating—supporting lasting Indian weight loss success.[2][1]

Resources

1. https://www.freshmenu.com/blogs/diet-plans/balanced-indian-diet-chart-with-1500-calories-per-day
2. https://www.parashospitals.com/blogs/indian-diet-plan-for-weight-loss
3. https://www.canva.com/planners/templates/meal/
4. https://www.adobe.com/express/create/planner/meal
5. https://www.canva.com/menus/templates/meal-planner/
6. https://onplanners.com/templates/free-printable-meal-planners
7. https://www.101planners.com/meal-plan-template/
8. https://nutriadmin.com/blog/meal-plan-template/
9. https://www.vertex42.com/ExcelTemplates/meal-planner.html
10. https://edit.org/blog/templates-weekly-meal-planners-editable
11. https://www.livecrafteat.com/printable-weekly-meal-planner/
12. https://www.freepik.com/templates/meal-planners

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