

# Diet Plan for Weight Loss: Indian Diet Plan

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The traditional Indian diet emphasizes a high intake of plant foods like vegetables, lentils (legumes) and fruits, as well as a low consumption of meat. However, obesity is a rising issue in the Indian population. With the growing availability of processed foods, India has seen a surge in obesity and obesity-related chronic diseases like heart disease and diabetes. This diet chart explains how to follow a healthy Indian diet that can promote weight loss. It includes suggestions about which foods to eat and avoid and a sample menu for one week.

## Balanced Diet Chart

While creating a diet chart, it is important to make sure it is balanced, in order to ensure that you receive all the required nutrients. Include the following nutrients in your diet plan:

### 1. Carbohydrates

Carbohydrates are the body's main source of energy and should make up half of your daily calorie requirement. However, it's important to choose the right type of carbohydrates. Simple carbohydrates, such as bread, biscuit, white rice and wheat flour, contain too much sugar and are bad for you. Instead, opt for complex carbohydrates that are high in fibre and packed with nutrients as compared to simple ones. Fibre-rich complex carbs are slow to digest, leave you feeling full for longer, and are therefore the best option for weight control. Brown rice, millets such as ragi and oats are all good complex carbohydrate choices.

### 2. Proteins

Most Indians fail to meet their daily protein requirement. This is troublesome, as proteins are essential to help the body build and repair tissue, muscles, cartilage and skin, as well as pump blood. A high protein diet can also help you lose weight, as it helps build muscle – which burns more calories than fat.

About 30% of your diet should consist of protein in the form of whole dals, paneer, milk, leafy greens, eggs, white meat or sprouts.

### 3. FATS

Fats are essential for the body as they synthesize hormones, store vitamins and provide energy. Experts suggest 20% of your diet comprise of healthy fats – polyunsaturated, monounsaturated and Omega-3 fatty acids. Using a combination of oils for different meals – including olive oil, rice bran oil, mustard oil, soya bean, sesame, sunflower and groundnut oil – along with

restricted quantities of butter and ghee is the most optimal way to consume fats.

### 4. Vitamins and Minerals

Vitamin A, E, B12, D, calcium and iron are essential for the body as they support metabolism, nerve and muscle function, bone maintenance, and cell production. Primarily derived from plants and meat.

### 7- Days Diet Plan Chart:

#### Day 1:

- After starting your day with cucumber water, have oats porridge and mixed nuts for breakfast.
- Have a chapati with dal and carrot pea veg curry for lunch.
- Followed with dal and bottle gourd vegetable curry with a chapati for dinner.

6:30 AM	(with 1 glass lukewarm water) ginger detox water with lemon
8:00 AM	Oats Porridge in Milk (1 bowl) and Mixed Nuts/dry fruits (~25 grams)
12:00 PM	Skimmed Milk Paneer (100 grams)
2:00 PM	Mixed Vegetable Salad
2:10 PM	Dal and carrot pea curry with Whole wheat chapati
4:00 PM	Cut Fruits and a glass of Buttermilk
5:30 PM	One glass tea (less sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad (add pepper and salt if needed)
9:00 PM	Dal and bottle gourd curry (1 bowl each) with 1 whole wheat chapati

#### Day 2:

- On the second day, eat a mixed vegetable stuffed roti or chapati with curd for breakfast.
- For lunch, have half a bowl of methi (fenugreek) rice along with lentil curry (legume).
- End your day with less oil cooked vegetables and green chutney.

6:30 AM	(with 1 glass lukewarm water) ginger Detox Water (add lemon)
8:00AM	Curd (1 bowl) Mixed Vegetable Stuffed chapati (2 piece)

12:00 PM	Skimmed Milk Paneer (~100 grams)
2:00 PM	Mixed Vegetable Salad (1 bowl)
2:10 PM	Lentil (legume) Curry and Methi/fenugreek Rice (half bowl)
2:10 PM	Apple and a glass of buttermilk
5:30 PM	Coffee with Milk (Less Sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad (1 bowl)
9:00 PM	Less oil cooked Vegetables with Paneer (1 bowl) 1 whole wheat chapati with green Chutney

Day 3:

- Breakfast on day 3 includes Multigrain Toast and Skimmed Milk Yogurt.
- In the afternoon, have less oil cooked vegetables with paneer and some green chutney.
- Half a bowl of methi rice and some lentil (legumes) curry.

6:30 AM	(with 1 glass lukewarm water) ginger and mint leaves Detox water with lemon
8:00 AM	Skimmed Milk Yoghurt (1 cup) and Multigrain Toast or wheat bread (2 toast)
12:00 PM	Skimmed Milk Paneer (~100 grams)
2:00 PM	Mixed Vegetable Salad (1 bowl)
2:10 PM	Less oil cooked Vegetables with Paneer (1bowl) and 1 chapati with green Chutney
4:00 PM	One Banana and a glass of Buttermilk
5:30 PM	Tea with Milk (less sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad (1 bowl)
9:00 PM	Lentil (legume) Curry and Methi/fenugreek Rice (half bowl)

Day 4:

- Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelets
- In the afternoon have Dal, ladyfinger curry and chapati.
- Complete the day's food intake with steamed rice and spinach and chickpea curry.

6:30 AM	(with 1 glass lukewarm water) gingerdetox Water (add lemon)
8:00 AM	Fruit and Nuts Yogurt Smoothie and Egg Omelet with one egg
12:00 PM	Skimmed Milk Paneer (~100 grams)

2:00 PM	Mixed Vegetable Salad
2:10 PM	Green Gram Whole Dal Cooked and ladyfinger curry with one chapati
4:00 PM	Orange and a glass of Buttermilk
5:30 PM	Coffee with Milk (less sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad.
9:00 PM	spinachand chickpea curry (1 bowl) and steamed Rice (half bowl)

Day 5:

- Have a glass of skimmed milk and peas poha (flattened rice) for breakfast on the fifth day.
- Eat a chapati with low fat paneer curry in the afternoon.
- End the day with chapati, curd and potato and tomato curry.

6:30 AM	(with 1 glass lukewarm water) ginger detox water with lemon
8:00 AM	A glass of Skimmed Milk Peas Poha (flattened rice) (half bowl)
12:00 PM	Skimmed Milk Paneer (~100 grams)
2:00 PM	Mixed Vegetable Salad (1 bowl)
2:10 PM	Low Fat Paneer Curry and one chapati
4:00 PM	Papaya and a glass of Buttermilk
5:30 PM	Tea with Milk (less sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad (1 bowl)
9:00 PM	Curd (half bowl), potato brinjal and tomato curry with one chapati.

Day 6:

- On Day 6, idli with sambar for breakfast
- For lunch, chapati with curd and potato brinjal and tomato curry
- For night, eat green gram with chapati and ladyfinger curry.

6:30 AM	(with 1 glass lukewarm water) gingerdetox Water (add lemon)
8:00 AM	Mixed vegetable Sambar (1 bowl) and 2 Idli
12:00 PM	Skimmed Milk Paneer (~100 grams)
2:00 PM	Mixed Vegetable Salad (1 bowl)
2:10 PM	Curd (half bowl) potato brinjal and tomato curry (1 bowl)With 1 chapati
4:00 PM	Cut Fruits and a glass of Buttermilk
5:30 PM	Coffee with Milk (sugarless or preferably less sugar)

8:50 PM	Mixed Vegetable Salad (1 bowl)
9:00 PM	Green Gram Whole Dal Cooked (1 bowl), ladyfinger curry (1 bowl) with one chapati

Day 7:

- On the seventh day, start with gram flour pancake with little ghee and green garlic chutney.
- Have steamed rice and spinach chickpea curry for lunch.
- At night, low fat paneer curry and chapati.

6:30 AM	(with 1 glass lukewarm water) ginger detox water (add lemon)
8:00 AM	2 Gram flour pancake with little ghee and Green Garlic Chutney
12:00 PM	Skimmed Milk Paneer (~100 grams)
2:00 PM	Mixed Vegetable Salad (1 bowl)
2:10 PM	Spinach chickpea curry (1 bowl) Steamed Rice (half bowl)
4:00 PM	Apple and a glass Buttermilk
5:30 PM	Tea with Milk (less sugar or preferably sugarless)
8:50 PM	Mixed Vegetable Salad (1 bowl)
9:00 PM	Low Fat Paneer Curry with one whole wheat chapati

The Bottom Line

Following a vegetarian Indian diet is a great way to lose weight. It will help you cut on sugary foods and beverages eat more vegetables and increase your protein intake. Add regular exercise to boost your health and weight loss even more.



Important to Note:

Unhealthy Foods to Avoid

- Sweetened Beverages: Soda, fruit juice, sweetened tea, sweet lassi, sports drinks

- High-Sugar Foods: Candy, ice cream, cookies, rice pudding, pastries, cakes, sweetened yogurt, high-sugar cereals, digestive biscuits
- Sweeteners: Jaggery, sugar, honey, condensed milk
- Sweetened Sauces: Salad with sugar, ketchup, sauce, sweetened curries
- High-Fat Foods: Fast food like French fries, chips, fried food
- Refined Grains: Products including white bread, white pasta, biscuits



Conclusion

This vegetarian diet plan is good for non-diabetic, normal blood pressure people and who are not under any medication.

A lot can be spoken about what goes into an ideal diet chart. However, one's nutritional requirement varies based on various factors. It could change depending on gender, for example, male dietary requirements vary from that of a female. Geography can play a role as well, with North Indian diets being largely different from South Indian ones. Meal preferences come into play since the consumption of food by a vegetarian or a vegan differing largely from that by a non-vegetarian.

It is advisable to consult your doctors if there are any health issues in prior and then follow this diet plan.

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