Sample Best Indian Diet Plan for Weight Loss

Day 1

Time	Meal
8:00 AM	1 medium size apple
10:30 AM	Sliced muskmelon (1/2 bowl)
12:30 PM	Watermelon (1 bowl)
4:00 PM	1 big Mosambi or Orange
6:30 PM	Pomegranate salad with 1 cup of muskmelon
8:30 PM	½ cup watermelon

Day 2

Time	Meal
8:00 AM	Boiled potatoes (1 cup)
10:30 AM	Cucumber (1/2 bowl)
12:30 PM	Lettuce, cucumber, spinach and capsicum (1 cup each)
4:00 PM	Sliced carrots (1/2 cup), lemon juice (1 glass) with a pinch of salt
6:30 PM	Boiled broccoli (1 cup) and green peas
8:30 PM	1 cucumber

Day 3

Time	Meal
8:00 AM	Muskmelon (1/2 bowl)
10:30 AM	Pineapple or pear (1 cup)
12:30 PM	Lettuce, cucumber, spinach and capsicum (1 cup each)
4:00 PM	Sliced carrots (1/2 cup), lemon juice (1 glass) with a pinch of salt
6:30 PM	Boiled broccoli (1 cup) and green peas
8:30 PM	1 cucumber

Day 4

Time	Meal
8:00 AM	2 bananas
10:30 AM	1 banana
12:30 PM	Milkshake containing 2 bananas, a dash of cocoa powder, and a glass of milk
4:00 PM	2 bananas
6:30 PM	1 banana and 1 glass of milk
8:30 PM	1 glass of milk

Day 5

Time	Meal
8:00 AM	3 tomatoes
10:30 AM	Brown rice (1/2 cup) sautéed assorted veggies.
12:30 PM	2 tomatoes
4:00 PM	Brown rice (1 bowl)
6:30 PM	1 tomato with ½ cup of sautéed veggies
8:30 PM	A bowl of tomato soup with a bit of salt and pepper

Day 6

Time	Meal
8:00 AM	3 tomatoes
10:30 AM	Brown rice (1/2 cup) sautéed assorted veggies.
12:30 PM	2 tomatoes
4:00 PM	Brown rice (1 bowl)
6:30 PM	1 tomato with ½ cup of sautéed veggies
8:30 PM	A bowl of tomato soup with a bit of salt and pepper

Day 7

Time	Meal
9:00 AM	1 glass of orange or apple juice
12:30 PM	½ cup sautéed veggies with ½ cup brown rice
4:00 PM	Watermelon (1 cup) with a few assorted berries
6:30 PM	1 cup soup
8:30 PM	½ cup brown rice with ½ cup sautéed veggies