

21-DAY WEIGHT-LOSS MEAL PLAN

A simple Indian-style guide for balanced eating, better portions & sustainable fat loss

21 Days structured meals	Indian Foods easy everyday options	Flexible vegetarian & non-vegetarian swaps
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Important: This is a general educational meal plan, not individualized medical nutrition advice. If you are underweight, pregnant/breastfeeding, under 18, have diabetes, kidney/liver disease, an eating disorder, or take medicines affected by food intake, consult a qualified doctor/dietitian before following a weight-loss plan.

Designed to emphasize protein, vegetables, whole grains, fruit, hydration and sensible portions.

How to Use This Ebook

The goal is not to starve or eliminate entire food groups. Use the plan as a repeatable structure: build meals around protein and vegetables, choose sensible portions of carbohydrates and fats, and keep highly processed foods occasional.

Simple portion guide

Food group	Easy portion guide
Protein	1 palm-sized serving at main meals (eggs, chicken, fish, paneer/tofu, dal + curd)
Vegetables	About 2 fists at lunch and dinner
Carbohydrates	About 1 fist cooked rice/poha/upma OR 1-2 small rotis, adjusted to your needs
Fruit	1 medium fruit per serving; usually 1-2 servings/day
Healthy fats	Small amounts of nuts/seeds/oil; avoid pouring oil freely

Daily habits that help

- Drink water regularly and use thirst/urine color as a practical guide.
- Aim for regular sleep and daily movement.
- Prefer whole foods most of the time; keep sugary drinks and frequent fried snacks limited.
- You do not need a 'perfect' day. If one meal is heavier, simply return to the plan at the next meal.

21-Day Meal Plan — Days 1-3

Day 1	Meal	Suggested food
	Breakfast	Vegetable poha + 2 eggs / curd
	Lunch	2 rotis + dal + mixed sabzi + salad + curd
	Snack	Apple + 8-10 almonds
	Dinner	Grilled chicken/fish + sautéed vegetables + 1 small roti
	Tip	Moong sprouts can replace eggs/chicken.
Day 2	Meal	Suggested food
	Breakfast	2 moong-dal chillas + curd
	Lunch	Rajma + 1 small bowl rice + salad + vegetables
	Snack	Guava/orange + handful of peanuts
	Dinner	Paneer/tofu bhurji + 2 small rotis + salad
	Tip	Keep oil moderate while cooking.
Day 3	Meal	Suggested food
	Breakfast	Vegetable oats upma + curd
	Lunch	Chicken curry + 2 small rotis + salad + vegetables
	Snack	Buttermilk + fruit
	Dinner	Dal + vegetable soup + 1-2 small rotis
	Tip	Vegetarian: use paneer/tofu instead of chicken.

21-Day Meal Plan — Days 4-6

Day 4	Meal	Suggested food
	Breakfast	2 eggs + 1-2 small rotis + tomato/cucumber
	Lunch	Chole + 2 small rotis + salad + curd
	Snack	Apple + 8-10 almonds
	Dinner	Fish + vegetables + 1 small serving rice
	Tip	Use grilled/roasted fish rather than deep-fried.

Day 5	Meal	Suggested food
	Breakfast	Idli (2-3 small) + sambar
	Lunch	Dal + rice + vegetables + salad + curd
	Snack	Roasted chana + tea/coffee without much sugar
	Dinner	Chicken/paneer tikka + vegetables + 1 roti
	Tip	Sambar adds useful protein and vegetables.

Day 6	Meal	Suggested food
	Breakfast	Vegetable upma + 2 eggs / curd
	Lunch	2 rotis + mixed dal + sabzi + salad
	Snack	Papaya + seeds/nuts
	Dinner	Tofu/paneer + stir-fried vegetables + 1 roti
	Tip	Choose low-oil paneer preparation.

21-Day Meal Plan — Days 7-9

Day 7	Meal	Suggested food
	Breakfast	Besan chilla + curd + vegetables
	Lunch	Home-style chicken/fish + rice + salad + sabzi
	Snack	Fruit + buttermilk
	Dinner	Light khichdi + curd + salad
	Tip	End week 1 without a restrictive 'cheat day'.

Day 8	Meal	Suggested food
	Breakfast	Overnight oats with curd/milk + fruit + seeds
	Lunch	Rajma/chole + 2 rotis + salad
	Snack	Orange/guava + nuts
	Dinner	Egg bhurji + vegetables + 1-2 small rotis
	Tip	Keep added sugar low in oats.

Day 9	Meal	Suggested food
	Breakfast	2 moong chillas + curd
	Lunch	Fish/chicken + 2 rotis + vegetables + salad
	Snack	Buttermilk + roasted chana
	Dinner	Dal + mixed vegetable soup + 1 roti
	Tip	Vegetarian: use tofu/paneer.

21-Day Meal Plan — Days 10-12

Day 10	Meal	Suggested food
	Breakfast	Poha with peas + curd
	Lunch	Dal + small rice portion + sabzi + salad
	Snack	Fruit + 8-10 almonds
	Dinner	Chicken/paneer curry + 2 small rotis + vegetables
	Tip	Add extra vegetables to curries.
Day 11	Meal	Suggested food
	Breakfast	Vegetable omelette + 1-2 small rotis
	Lunch	Chole + rice + salad + curd
	Snack	Papaya + seeds
	Dinner	Grilled fish/chicken + vegetables + 1 roti
	Tip	Avoid sugary sauces.
Day 12	Meal	Suggested food
	Breakfast	Oats porridge + milk/curd + fruit + nuts
	Lunch	2 rotis + dal + sabzi + salad
	Snack	Roasted makhana + tea/coffee
	Dinner	Paneer/tofu bhurji + vegetables + 1-2 rotis
	Tip	Use unsweetened tea/coffee when possible.

21-Day Meal Plan — Days 13-15

Day 13	Meal	Suggested food
	Breakfast	Idli + sambar + vegetables
	Lunch	Chicken/fish + 2 small rotis + salad
	Snack	Fruit + buttermilk
	Dinner	Moong dal khichdi + curd + vegetables
	Tip	Keep dinner comfortable, not huge.
Day 14	Meal	Suggested food
	Breakfast	Besan chilla + curd
	Lunch	Rajma + rice + vegetables + salad
	Snack	Apple/guava + nuts
	Dinner	Eggs/paneer/tofu + sautéed vegetables + 1 roti
	Tip	Week 2: review hunger, energy and adherence.
Day 15	Meal	Suggested food
	Breakfast	Vegetable poha + 2 eggs / curd
	Lunch	Dal + 2 rotis + sabzi + salad + curd
	Snack	Fruit + roasted chana
	Dinner	Grilled chicken/fish + vegetables + small rice portion
	Tip	Protein at each main meal helps fullness.

21-Day Meal Plan — Days 16-18

Day 16	Meal	Suggested food
	Breakfast	Moong chilla + curd
	Lunch	Chole + 2 small rotis + salad
	Snack	Buttermilk + fruit
	Dinner	Paneer/tofu + vegetables + 1-2 rotis
	Tip	Choose minimally processed foods.
Day 17	Meal	Suggested food
	Breakfast	Oats upma + curd
	Lunch	Chicken/fish + rice + vegetables + salad
	Snack	Nuts + fruit
	Dinner	Dal + vegetable soup + 1-2 small rotis
	Tip	Add lemon, herbs and spices for flavor.
Day 18	Meal	Suggested food
	Breakfast	Egg omelette + 1-2 small rotis + vegetables
	Lunch	Rajma + 2 rotis + curd + salad
	Snack	Roasted makhana + tea/coffee
	Dinner	Fish/chicken + vegetables + 1 roti
	Tip	Vegetarian: tofu/paneer.

21-Day Meal Plan — Days 19-21

Day 19	Meal	Suggested food
	Breakfast	Idli + sambar
	Lunch	Dal + rice + sabzi + salad + curd
	Snack	Guava/orange + nuts
	Dinner	Paneer/tofu bhurji + vegetables + 1 roti
	Tip	If hungry, add more non-starchy vegetables first.
Day 20	Meal	Suggested food
	Breakfast	Besan chilla + curd + vegetables
	Lunch	Chicken/fish + 2 rotis + salad + sabzi
	Snack	Fruit + buttermilk
	Dinner	Light moong khichdi + curd + vegetables
	Tip	Avoid turning the final days into crash dieting.
Day 21	Meal	Suggested food
	Breakfast	Poha/upma + eggs or curd
	Lunch	Your favorite balanced home meal: protein + vegetables + controlled carbs
	Snack	Fruit + nuts
	Dinner	Grilled chicken/fish/paneer/tofu + large vegetable serving + 1 roti
	Tip	Use Day 21 to identify meals you can continue long-term.

Weekly Shopping List

Buy mostly basic ingredients so the plan is easy to follow.

Protein	Vegetables & fruit	Staples
Eggs	Spinach/leafy greens	Oats
Chicken/fish	Tomato, cucumber, carrot	Poha
Paneer/tofu	Capsicum, beans, cauliflower	Rice
Dal/moong	Broccoli/seasonal vegetables	Whole-wheat atta
Rajma/chole	Banana, apple, guava, orange, papaya	Besan
Curd/milk	Lemon, coriander, ginger	Makhana/roasted chana
Nuts/seeds		Spices + modest cooking oil

Smart Swaps

Chicken ↔ fish ↔ eggs ↔ paneer/tofu. Rice ↔ roti ↔ poha/upma/oats. Curd ↔ unsweetened buttermilk. Apple/guava/orange/papaya can generally be interchanged. Use seasonal vegetables to keep the plan affordable.

Eating Out & Cravings

You do not need to avoid restaurants completely. Choose grilled/tandoori items, dal, roti, rice with vegetables, idli/sambar or similar balanced meals. Keep deep-fried starters, sugary drinks and large desserts occasional. Eat slowly and stop when comfortably satisfied.

If you miss a meal

Do not compensate by starving yourself later. Have a normal balanced meal at the next opportunity.

Progress Checklist

Habit	Day 1	Day 7	Day 14	Day 21
Mostly followed meal structure	☐	☐	☐	☐
Protein included regularly	☐	☐	☐	☐
Vegetables/fruit eaten	☐	☐	☐	☐
Water intake adequate	☐	☐	☐	☐
Movement completed	☐	☐	☐	☐
Sleep routine supported	☐	☐	☐	☐

Final Reminder

Sustainable weight loss comes from habits you can maintain—not extreme restriction. Body weight can fluctuate from water, salt, digestion and other normal factors, so judge progress over several weeks rather than one day. If you develop dizziness, fainting, persistent weakness, severe hunger, or other concerning symptoms, stop the restrictive approach and seek medical advice.

End of ebook • 21-Day Weight-Loss Meal Plan