



LOW PROTEIN INDIAN DIET PLAN



Day 1

Breakfast

Vegetable rava upma.

Snack

Fruit salad with low-protein fruits like melons and berries.

Lunch

Jeera rice with dal tadka and a side of mixed vegetable curry.

Snack

Roasted chana or makhana.

Dinner

Vegetable pulao with cucumber raita.

Day 2

Breakfast

Moong dal chilla (pancake) with mint chutney.

Snack

Boiled peanuts or boiled sweet corn.

Lunch

Brown rice with a serving of mixed vegetable curry and a side of spinach dal.

Snack

Vegetable soup.

Dinner

Tofu stir-fry with bell peppers, broccoli, and mushrooms, with steamed brown rice.

Day 3

Breakfast

Mixed vegetable poha.

Snack

Baked sweet potato wedges.

Lunch

Quinoa pulao with mixed veggies and a bottle gourd curry.

Snack

Roasted almonds or cashews.

Dinner

Bajra roti with palak paneer.

Day 4

Breakfast

Vegetable uttapam

Snack

Carrot and cucumber sticks with hummus.

Lunch

Buckwheat (kuttu) noodles with stir-fried vegetables and a side of tomato soup.

Snack

Low-protein yogurt with a sprinkle of flaxseeds..

Dinner

Stuffed capsicum with a filling of quinoa, mixed veggies, and paneer.

Day 5

Breakfast

Ragi dosa with coconut chutney.

Snack

Roasted pumpkin seeds.

Lunch

Vegetable khichdi served with low-protein yogurt.

Snack

Chia seed pudding made with low-protein milk.

Dinner

Methi (fenugreek) paratha with a side of dal and cucumber salad.

Day 6

Breakfast

Oats upma with mixed vegetables.

Snack

Guacamole with cucumber slices.

Lunch

Brown rice with rajma curry and a side of stir-fried cabbage.

Snack

Low-protein granola bar or energy bites.

Dinner

Veggie tofu curry with steamed quinoa.



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