

7-Day Beginner Weight-Loss Meal Plan

Goal: Fat loss, light calorie deficit, high protein, low sugar

Style: Easy meals, no fancy items, no cooking expertise needed

Calories: ~1200–1400/day (safe for beginners)

Protein: High (70–90g/day)

★ DAY 1 – Reset Day

Breakfast

- High-Protein Oats (Oats + water + 1 scoop protein)
- 1 fruit (apple/berries)

Lunch

- 2 eggs + 1 bowl mixed veggies
- 1 whole-wheat roti (optional)

Snack

- Black coffee/green tea
- 5 almonds

Dinner

- Chicken breast OR tofu + salad
 - Lemon water
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★ DAY 2 – Low Carb Focus

Breakfast

- Greek yogurt (or curd) + chia seeds + honey (½ tsp)

Lunch

- Moong dal khichdi (light) + cucumber

Snack

- Buttermilk / Coconut water

Dinner

- Paneer bhurji OR scrambled eggs + veggies
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★ DAY 3 – High Protein Day

Breakfast

- Protein shake + 1 banana

Lunch

- Grilled chicken OR soya chunks + 1 roti

Snack

- Roasted chana

Dinner

- Vegetable soup + tofu / egg whites

★ DAY 4 – Gut Cleanse Day

Breakfast

- Smoothie (spinach + banana + oats + milk/water)

Lunch

- Veg dal + 1 roti
- Salad

Snack

- Fruit

Dinner

- Clear soup
 - 1 boiled egg or tofu cubes
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★ DAY 5 – Balanced Day

Breakfast

- Upma/poha (small serving)
- Green tea

Lunch

- Rajma/Chole bowl (½ cup)
- Veggies

Snack

- **Fox nuts (makhana)**

Dinner

- **Chicken/tofu stir fry**
 - **Warm water**
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★ DAY 6 – Light Day

Breakfast

- **Oats + protein + peanut butter (½ tsp)**

Lunch

- **Vegetable khichdi**
- **Curd**

Snack

- **Apple + coffee**

Dinner

- **Lentil soup + 2 boiled eggs**
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★ DAY 7 – Flexible Day

Breakfast

- **Smoothie bowl (fruit + yogurt)**

Lunch

- **Grilled paneer/chicken wrap (whole wheat)**

Snack

- **Green tea**
- **Nuts (4-5)**

Dinner

- **Light rice bowl (¼ plate) + dal + salad**
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● UNIQUE RULES That Make This Plan Stand Out

- ✓ **“20-Minute Walk After Dinner” → boosts fat burning**
- ✓ **“Protein in every meal” → reduces cravings**
- ✓ **“No juice, only fruits”**
- ✓ **“½ plate vegetables at lunch” rule**
- ✓ **“No cheat day, only cheat *meal*”**