

7-day meal plan

Client: _____ Week of: _____ Daily target: _____ kcal / _____ g protein

Meal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Early morning							
Breakfast							
Mid-morning							
Lunch							
Evening snack							
Dinner							
Bedtime							

Example: a filled-in week

EXAMPLE ONLY — a sample vegetarian week to show the format, not a prescription.

Meal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Early morning	Methi water	Jeera water	Methi water	Lemon water	Methi water	Jeera water	Lemon water
Breakfast	2 moong chilla + curd	Vegetable poha + curd	2 idli + sambar	Besan chilla + chutney	Vegetable upma	2 stuffed paratha + curd	Dalia + milk
Mid-morning	Guava	Apple + roasted chana	Papaya	Orange	Buttermilk	Pear	Coconut water
Lunch	2 phulka, dal, sabzi, salad	Rice, rajma, salad	2 phulka, chole, raita	Rice, sambar, sabzi	2 phulka, palak paneer, salad	Veg pulao, raita	Rice, dal, sabzi
Evening snack	Tea + makhana	Sprouts chaat	Tea + roasted chana	Fruit	Tea + makhana	Corn chaat	Fruit + nuts
Dinner	Paneer bhurji + 1 phulka	Moong dal khichdi	Tofu stir-fry + 1 phulka	Vegetable dalia	Dal + 1 phulka + sabzi	Besan cheela + sabzi	Soup + paneer tikka
Bedtime	Haldi milk	—	Haldi milk	—	Haldi milk	—	Haldi milk

Template by mealPlan.fit — build, check and send plans automatically at <https://mealplan.fit>