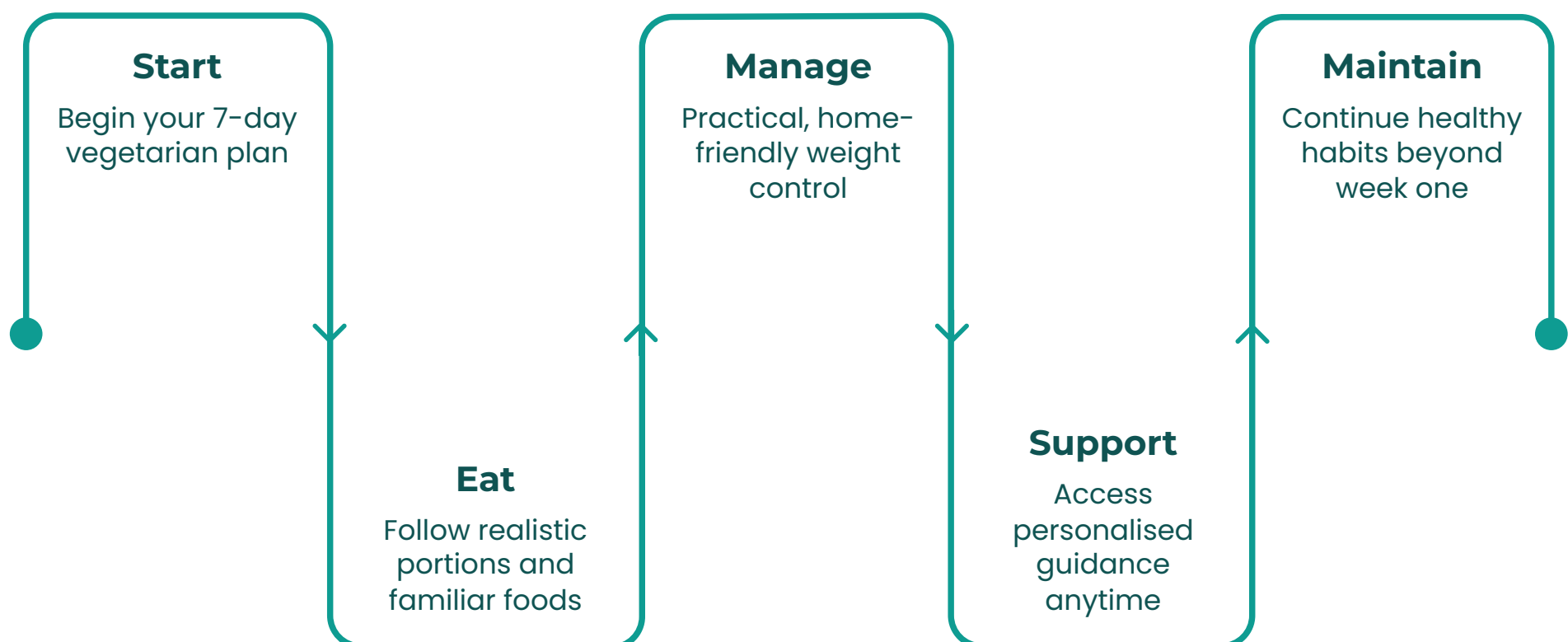




The Good Weight

General 7-Day Vegetarian Meal Plan

Begin your wellness journey today with our free, practical 7-day vegetarian meal plan. Designed for adults seeking effective, home-friendly weight management, this plan features realistic portions and familiar, delicious foods. Plus, access personalized guidance from The Good Weight team whenever you need it.



Understanding Your 7-Day Plan



Start with Hydration

Kickstart your metabolism and digestion with 1–2 glasses of warm water, plain or with lemon, each morning.



Home-Cooked Focus

Prioritize home-cooked meals with minimal oil. Avoid deep-fried and packaged foods for better nutrition and effective weight management.



Personalized Portions

Tailor portion sizes to your age, gender, activity level, and medical conditions; there's no universal approach.



Smart Dairy Choices

Choose low-fat milk and curd throughout the week, and eliminate added sugar wherever possible for optimal results.

This plan includes six daily meals: Early Morning, Breakfast, Mid-Morning Snack, Lunch, Evening Snack, and Dinner (plus optional Post-Dinner). This rhythm maintains stable energy and supports weight management. Consistency beats perfection—missing or swapping meals is fine. Build sustainable habits that fit your life.

Days 1 & 2: Building Your Foundation

Day 1

Early Morning: Warm lemon water, 4–5 soaked almonds, 2 soaked walnuts

Breakfast: Vegetable poha (minimal oil) with peas, carrots, onions, and peanuts. Serve with 1 bowl curd or buttermilk.

Mid-Morning: 1 seasonal fruit (e.g., apple, orange, guava)

Lunch: 2 multigrain rotis, 1 cup mixed dal, 1 cup vegetable sabzi (bhindi, lauki, or beans), and a substantial salad

Evening: Roasted chana or makhana with unsweetened green or herbal tea

Dinner: 1–2 multigrain rotis or 1 cup steamed rice with 1 cup paneer bhurji or chole, alongside salad

Optional: Warm, 150ml low-fat turmeric milk

Day 2

Early Morning: Warm water with 1 tsp soaked methi seeds (if tolerated) and 4 soaked almonds

Breakfast: 2 vegetable besan or moong dal cheelas, served with mint–coriander chutney

Mid-Morning: Coconut water or buttermilk

Lunch: 1–1.5 cups vegetable khichdi (rice, dal, and vegetables), 1 bowl curd, and salad

Evening: 1 small fruit bowl (papaya or pomegranate) with herbal tea

Dinner: 1 bowl vegetable soup (tomato, mixed veg, or spinach) with stir-fried vegetables or grilled paneer

Optional: 1–2 pieces dark chocolate (70% cocoa) or chamomile tea

Days 3 & 4: Maintain Momentum

Day 3

Early Morning: Warm water with 1 tsp chia seeds (soaked overnight) and 4 soaked almonds

Breakfast: Vegetable upma (rava or broken wheat) with buttermilk

Mid-Morning: 1 seasonal fruit (e.g., pear, berries, orange)

Lunch: 2 jowar or bajra rotis, 1 cup rajma or chana curry, and a substantial salad

Evening: handful of roasted peanuts or a small fruit with unsweetened green or herbal tea

Dinner: 1 cup light vegetable daliya or oats, alongside a mixed green salad

Optional: Warm, 150ml low-fat milk with a pinch of nutmeg

Day 4

Early Morning: Warm lemon water, 4–5 soaked almonds, 2 soaked figs

Breakfast: 2–3 South Indian idlis, sambar, coconut chutney, and a small banana

Mid-Morning: Coconut water or 1 cup vegetable juice

Lunch: 2 phulkas, 1 cup classic dal tadka, 1 cup bhindi or mixed veg sabzi, and fresh salad

Evening: 1 bowl sprouts salad or handful of roasted seeds with herbal tea

Dinner: 1 cup curd rice (with brown rice) and stir-fried vegetables

Optional: 1–2 pieces dark chocolate (70% cocoa) or a calming herbal tea

Days 5 & 6: Staying Strong

Day 5

Early Morning: Warm lemon water with 1 tsp ground flax seeds

Breakfast: Vegetable sandwich on brown or multigrain bread (minimal butter, generous vegetables) served with unsweetened soy milk or low-fat milk

Mid-Morning: Seasonal fruit

Lunch: Vegetable pulao (generous vegetables, minimal oil), with cucumber or baked boondi raita, and salad

Evening: Roasted makhana with green tea

Dinner: Two multigrain rotis with palak paneer or mixed vegetable curry, accompanied by a fresh salad (carrot, beetroot, cucumber)

Optional: Warm, 150ml low-fat turmeric milk

Day 6

Early Morning: Warm jeera water (1 tsp cumin, boiled and cooled) with 4 soaked almonds

Breakfast: Vegetable daliya or broken wheat with vegetables, and a small bowl of curd

Mid-Morning: Fresh vegetable juice (carrot, beetroot, tomato) with minimal or no salt/sugar

Lunch: Two bajra or jowar rotis with dal, seasonal sabzi (tinda, lauki, or beans), and salad

Evening: Chana chaat (boiled chana, onion, tomato, coriander, lemon)

Dinner: Sambar with vegetables and 1-2 small uttapams or dosa (minimal oil)

Optional: 1-2 pieces dark chocolate (70% cocoa) or chamomile tea

Day 7: Completing Your Week

Day 7

Early Morning: Warm lemon water, 5–6 soaked raisins, and 2 almonds

Breakfast: Vegetable oats packed with carrots, beans, peas, and tomato (Ovo-vegetarians can add a boiled egg; strict vegetarians, extra roasted chana or paneer cubes)

Mid-Morning: Seasonal fruit or a small handful of nuts

Lunch: Complete and balanced dal khichdi (moong or mixed dal with abundant vegetables), served with a fresh salad and a small bowl of curd

Evening: Roasted makhana or chana chaat

Dinner: Two phulkas with mixed vegetable or tofu/paneer curry, and a fresh salad

Optional: Warm milk with a pinch of nutmeg before bed

Congratulations on completing your first week! You've built a strong foundation for balanced vegetarian eating, focusing on hydration, protein-rich meals, and plenty of vegetables. Keep up the great work!

Important Health & Safety Information

 **Read Carefully:** This general vegetarian diet plan is designed for healthy adults and is not a substitute for professional medical advice.

Medical Conditions

Consult a doctor or dietitian before starting any diet plan if you have diabetes, thyroid issues, PCOS, heart disease, or kidney/liver problems.

Special Circumstances

Pregnant, breastfeeding, or on regular medication? Seek professional guidance to ensure this plan is safe and appropriate for your unique needs.

Individual Variation

Portion sizes are indicative only. Tailor them to your body type, daily routine, activity level, age, and health goals.

Listen to Your Body

If you experience unusual fatigue, digestive discomfort, or any concerning symptoms, stop the plan and consult a healthcare professional immediately.

Your health and safety come first. While this 7-day plan provides a solid foundation, every body is unique. What works for one person may need adjustments for another—and that's normal. The most effective weight management is personalized, considering your physical health, lifestyle, preferences, and relationship with food. If you're unsure this plan suits you or have health concerns, consult a qualified healthcare provider before starting.

About "The Good Weight" – Our Philosophy

At The Good Weight, we empower you to achieve lasting health through balanced eating, realistic habits, and compassionate guidance, rather than extreme diets or guilt. We recognize the frustration of crash diets that promise quick results but ultimately lead to depletion and a return to square one. Our approach fundamentally differs; we foster sustainable change by working *with* your body and lifestyle, not against them.



No Crash Diets

We reject starvation and extreme restrictions. Our plans prioritize nourishing your body with satisfying foods that sustainably support your long-term health goals.



Real-Life Friendly

Our plans seamlessly integrate with your work schedule, family life, budget, and taste preferences. We design around your reality, ensuring practicality and ease.



Indian Home Cooking

We focus on accessible, home-cooked Indian vegetarian food – familiar dishes that are easy to prepare. No expensive ingredients or complicated recipes are required.



Holistic Tracking

We track more than just weight; we monitor energy levels, sleep quality, digestion, and mood. True health encompasses much more than a number on the scale.

Our team includes experienced doctors and qualified dietitians with deep understanding of unique Indian lifestyle and dietary preferences. We don't judge or impose one-size-fits-all solutions. Instead, we partner with you to craft a personalized Good Weight journey that is achievable, sustainable, and truly transformative. Whether you're beginning with our free 7-day plan or seeking personalized support, we provide science-backed guidance with genuine care every step of the way.

When You Need Personalized Help

Our free 7-day plan is a great starting point, and we're pleased to offer it. However, reaching ambitious health goals or overcoming specific challenges often requires more individualized support. Personalized guidance saves time, effort, and frustration by directly addressing your unique situation, avoiding trial-and-error.



Weight Plateau

Weight stuck for weeks or months despite efforts to eat less, with no explanation for the lack of progress.



Medical Conditions

Managing diabetes, PCOS, thyroid problems, high cholesterol, fatty liver, or other weight-influencing health conditions.



Low Energy

Experiencing persistent fatigue, bloating, or digestive issues disrupting daily life and well-being.



Information Overload

Confused by contradictory health advice online and seeking simple, clear, science-backed guidance you can trust.

Our Comprehensive Services

Doctor Consultation

- Medical history review
- Underlying issues assessment
- Lab reports review
- Medication guidance
- Safe, medically supervised approach

Dietitian Consultation

- Tailor-made meal plans
- Lifestyle-based customization
- Weekly or fortnightly follow-ups
- Practical recipes & ideas
- Ongoing adjustments & support

The Good Weight Programme

- Combined doctor & dietitian input
- Habit-building support
- Sleep, stress, & movement guidance
- Progress tracking, not perfection
- Comprehensive lifestyle transformation

Start Your Good Weight Journey Today

For a **personalized Good Weight plan** that fits your unique needs, goals, and lifestyle, contact us today. Our expert team offers professional support with warmth and understanding. Whether you need medical guidance, nutritional support, or our comprehensive program, we empower you to achieve lasting, sustainable results.

Phone / WhatsApp

Call or message us for quick queries or to book your consultation.

+91-93-6301-6300

Email Us

Send your questions or request more information. **support@thegoodweight.com**

Join an Online Program

Visit our Website to get started.

www.thegoodweight.com

Visit Our Clinic

Visit us in person. **The Good Weight,
Thoraipakkam, OMR, Chennai – 600097**

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