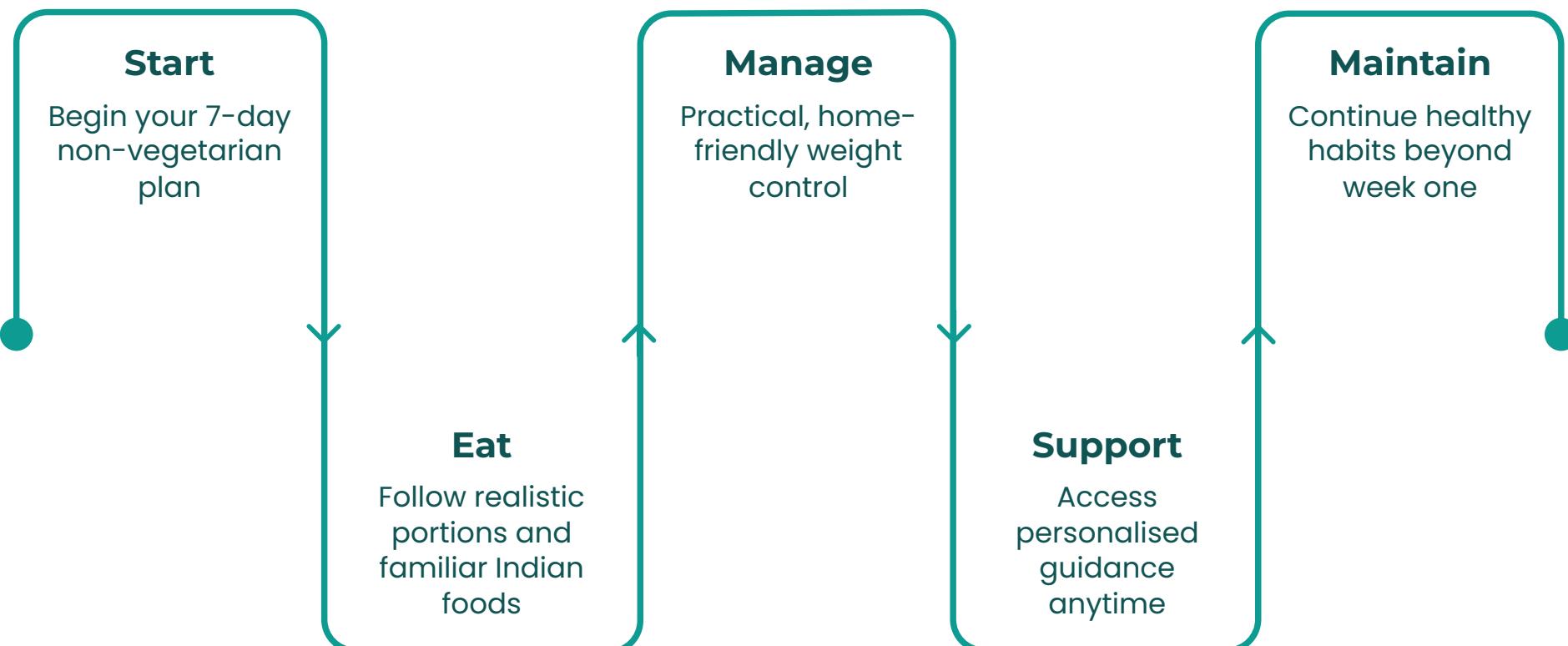




The Good Weight

7-Day Non-Vegetarian Meal Plan

Begin your wellness journey today with our free, practical 7-day non-vegetarian meal plan. Designed for adults seeking effective, home-friendly weight management, this plan features realistic portions and familiar Indian foods including lean meats, fish, and eggs. 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 using minimal oil and healthy cooking methods. Incorporate lean meats, fish, and eggs while avoiding deep-fried and packaged foods for optimal nutrition and 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: Egg white omelette (2–3 egg whites) with vegetables and 1 multigrain toast

Mid-Morning: Green tea with 4–5 almonds

Lunch: 1 small bowl brown rice, grilled chicken curry (100g), mixed vegetable sabzi, cucumber raita

Evening Snack: Buttermilk with roasted cumin

Dinner: 2 small chapatis, fish curry (100g grilled/steamed), vegetable soup

Bedtime (Optional): Warm, 150ml low-fat turmeric milk

Day 2

Early Morning: Warm water with 1 tsp soaked chia seeds and 4 soaked pistachios

Breakfast: 2 whole wheat rotis with 1 cup chicken keema or egg bhurji

Mid-Morning: 1 seasonal fruit (e.g., banana, pear, kiwi)

Lunch: 1 cup chicken pulao or fish biryani, 1 bowl plain curd, and mixed green salad

Evening Snack: 1 boiled egg (white only) with a handful of roasted peanuts and herbal tea

Dinner: 1–2 multigrain chapatis with 1 cup chicken stew or lentil soup with grilled fish/chicken

Bedtime (Optional): Chamomile tea or 1 piece of dark chocolate (70% cocoa)

Days 3 & 4: Building Momentum

Day 3

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

Breakfast: Boiled eggs (2 whole) with vegetable poha

Mid-Morning: Coconut water

Lunch: 2 small chapatis, chicken tikka (grilled, 100g), dal, mixed salad

Evening Snack: Roasted chana with green tea

Dinner: Egg bhurji with 1 chapati and vegetable soup

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

Day 4

Early Morning: Warm water with 1 tsp soaked flax seeds and 4 soaked pistachios

Breakfast: Chicken keema (100g) with 2 whole wheat rotis

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

Lunch: Fish curry (100g grilled/steamed) with 1 small bowl brown rice, mixed vegetable sabzi, and cucumber raita

Evening Snack: 1 boiled egg (white only) with herbal tea

Dinner: 2 small chapatis with chicken stew (1 cup) and a side of green salad

Optional: Chamomile tea or 1 piece of dark chocolate (70% cocoa)

Days 5 & 6: Staying Strong

Day 5

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

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

Mid-Morning: Seasonal fruit (e.g., apple, papaya)

Lunch: 1 small bowl brown rice, fish curry (steamed/grilled 100g), mixed vegetable sabzi, and salad

Evening Snack: Sprouts with lemon

Dinner: 2 chapatis, chicken curry (100g), vegetable soup

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: Scrambled eggs (2 eggs) with 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 grilled fish (100g), seasonal sabzi, and salad

Evening Snack: Chicken clear soup (1 cup)

Dinner: 2 small chapatis with chicken tikka (grilled, 100g) and mixed salad

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

Day 7: Completing Your Week

Day 7

Early Morning: Warm lemon water, soaked raisins and almonds

Breakfast: Masala omelette (2-3 egg whites, 1 whole egg) with 1 multigrain toast

Mid-Morning: Green tea with nuts

Lunch: 2 small chapatis, grilled fish (100g), dal, mixed vegetable sabzi, cucumber salad

Evening Snack: Buttermilk with roasted jeera

Dinner: Chicken soup with vegetables, 1 chapati, light sabzi

Optional: Warm milk (low-fat) before bed

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

Important Health & Safety Information

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

Medical Conditions & Dietary Restrictions

Consult a doctor or dietitian before starting any diet plan if you have diabetes, thyroid issues, PCOS, heart disease, kidney/liver problems, or specific dietary restrictions (e.g., allergies, intolerances).

Special Circumstances

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

Food Safety & Sourcing

Ensure all meats, fish, and eggs are thoroughly cooked to safe internal temperatures. Prioritize sourcing high-quality lean proteins and practice proper storage and handling to prevent foodborne illness.

Listen to Your Body

Portion sizes are indicative only. Tailor them to your body type, daily routine, activity level, age, and health goals. 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 general diet 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 (including both vegetarian and non-vegetarian options), 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.



Indian Home Cooking

We focus on accessible, home-cooked Indian meals – familiar dishes that are easy to prepare and cater to all dietary preferences. No expensive ingredients or complicated recipes are required.



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.



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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