



# A flexible 7-day Indian meal planner

Familiar-food ideas to help you plan a week. Mix, swap and adapt them to your preferences, schedule and clinician's advice.

FLEXIBLE EXAMPLES · NOT A PERSONAL PRESCRIPTION

# Build a week that fits you

Use these examples as a planning prompt, not a strict menu. You do not need to follow every meal or eat at fixed times.

## A simple meal-building guide

- Choose a familiar grain or starchy food, such as roti, rice, oats or poha.
- Add a protein choice that suits you: dal, beans, curd, paneer, tofu or eggs.
- Include vegetables or fruit when available and enjoyable.
- Adjust food choices and amounts to your appetite, activity, culture and health needs.

## Use the planner your way

- Swap meals between days; repetition is fine.
- Use leftovers safely rather than preparing a new dish every time.
- Vegetarian and egg options are examples, not requirements.
- Check labels and avoid foods that conflict with allergies or care advice.

### Example combinations

Dal + roti + sabzi; chana + rice + vegetables; curd + fruit; paneer or tofu + vegetables + a grain.  
These are flexible combinations, not prescribed portions.

**Before you use this:** This general guide is not a personal diet chart. If you have a medical condition, food allergy, are pregnant, take medication, or have a history of disordered eating, ask your clinician or registered dietitian for individual guidance.

# Choose from familiar foods

Each day offers ideas for breakfast, lunch, dinner and an optional snack. Change any item to match what you have and what works for you.

## MONDAY

**Breakfast:** Besan chilla with vegetables and curd

**Lunch:** Dal, roti, seasonal sabzi and salad

**Dinner:** Vegetable khichdi with a protein side

**Optional snack:** Fruit or roasted chana

## TUESDAY

**Breakfast:** Oats with milk or curd and fruit

**Lunch:** Chana, rice and cooked vegetables

**Dinner:** Paneer or tofu bhurji with roti and vegetables

**Optional snack:** Curd or a small handful of nuts

## WEDNESDAY

**Breakfast:** Poha with peas and peanuts

**Lunch:** Rajma, rice and vegetables

**Dinner:** Egg curry or chana with roti and sabzi

**Optional snack:** Fruit with plain yogurt

## THURSDAY

**Breakfast:** Idli with sambar

**Lunch:** Dal, rice and seasonal vegetables

**Dinner:** Paneer, tofu or eggs with roti and salad

**Optional snack:** Roasted makhana or fruit

**Make it yours:** Change meal timing to suit your day. If a suggested food does not suit you, replace it with a familiar alternative that fits your clinician's advice.

# Keep the plan practical

A useful plan should leave room for family meals, work changes and foods you enjoy. One meal does not define your week.

## FRIDAY

**Breakfast:** Vegetable upma with curd

**Lunch:** Chole, roti and vegetables

**Dinner:** Home-style vegetable pulao with dal or curd

**Optional snack:** Roasted chana or fruit

## SATURDAY

**Breakfast:** Egg bhurji or paneer bhurji with roti

**Lunch:** Familiar dal, rice or roti, and sabzi

**Dinner:** Seasonal vegetables with beans, paneer or eggs

**Optional snack:** Curd, fruit or nuts

## SUNDAY

**Breakfast:** A familiar breakfast you enjoy

**Lunch:** Leftovers combined with vegetables and protein

**Dinner:** A relaxed home meal; return to routine next meal

**Optional snack:** Choose if hungry and suitable

## Easy swaps

**Grain:** roti ↔ rice ↔ oats ↔ poha, as suitable.

**Protein:** dal ↔ chana ↔ rajma ↔ paneer ↔ tofu ↔ eggs.

**Vegetables:** fresh ↔ frozen ↔ cooked leftovers.

**Snack:** fruit ↔ curd ↔ roasted chana, if suitable.

If you miss a planned meal, return to your usual routine at the next opportunity. Avoid compensating with fasting or extreme restriction.

# Your shopping and personal notes

Use this as a flexible checklist. Buy only what suits your household, budget and dietary needs.

## Vegetables & fruit

Seasonal vegetables · leafy greens · tomatoes · cucumber · onions · fruit you enjoy

## Grains & staples

Roti flour · rice · oats · poha · lentils · beans · spices used at home

## Protein choices

Dal · chana · rajma · curd · paneer or tofu · eggs if suitable

## Convenience options

Frozen vegetables · roasted chana · plain yogurt · shelf-stable lentils

## Before you make this personal

Write down foods you prefer, foods to avoid, work or sleep patterns, cooking access and any advice from your treating clinician. A qualified professional can adapt a plan to your circumstances.

### Foods I enjoy:

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### Foods or ingredients to avoid:

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### My schedule / cooking access:

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### Questions for my clinician:

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**Health note:** General education only—not diagnosis, treatment or a personalized medical nutrition plan. Do not change medicines or clinician-directed food/fluid restrictions based on this handout. For urgent symptoms, contact local medical services.