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Here is a sample of 1500 Calories Indian Weight Loss Diet Plan.

Before breakfast: 1 tsp soaked jeera with 1 cup water

Breakfast: 1 cup Low-fat milk + 1 cup Daliya or vermicelli with vegetables or moong dal appam with green chutney or 2 medium dosa with sambar

Mid-morning: 1 seasonal fruit (100 -150 gms)

Lunch: 1 cup Salad + 1 Millet Roti or 1 cup Brown rice or 2 Phulkas + 1 cup Vegetable + 1 cup Dal + ½ cup Pulse or sprouts

Mid Afternoon: 1 Glass Buttermilk

Snack: 1 cup green Tea or Cinnamon Tea + Soaked dry fruit and seeds (2 almonds, 2 walnuts, chia seeds, 1 date, 1 dry fig + 1 dry apricot)

Dinner: 1 cup Salad + 1 cup Masala Oats or Masala Quinoa + 1 cup Curd or 1 cup Salad + 1 Chapati + 1 cup Vegetable + 1 cup Curd

Bed-time: 1 cup Warm water with Turmeric and cinnamon powder

NON MEDICAL LEGAL PURPOSE