

Understand the Science Behind Weight Loss

Weight loss and gain, revolve around caloric consumption and expenditure. You lose weight when you consume fewer calories than you expend. Conversely, you gain weight when you consume more calories than you expend. To drop those excess kilos, all you need to do is eat within your calorie budget and burn the required number of calories. A combination of the two works best suggest experts. Get your daily requirement of calorie consumption and burn based on your lifestyle and dietary preferences, by signing up on HealthifyMe.

However, simply determining how many calories your body needs isn't enough. After all, four samosas (600 calories), two slices of pizza (500 calories) and two gulab jamuns (385 calories) may be within your daily requirement of 1500 calories, but these unhealthy food choices will eventually lead to other health problems like high cholesterol and blood sugar. To lose weight the healthy way, you also need to ensure your diet is balanced i.e. it covers all food groups and provides all the nutrients you need necessary for good health.

The Best Indian Diet Plan for Weight Loss

No single food provides all the calories and nutrients the body needs to stay healthy. That's why a balanced diet comprising of macronutrients like carbohydrates, protein and fat along with micronutrients such as vitamins and minerals, is recommended.

The best Indian diet for weight loss is a combination of the five major food groups – fruits and vegetables, cereals and pulses, meat and dairy products, and fats and oils. Knowing how to divvy up the food groups, allocate portion sizes, and the best/ideal time to eat is also important.

1200 Calorie Diet Plan

A lot can be spoken about what goes into an ideal diet chart. However, one's nutritional requirement varies based on various factors. It could change depending on gender, for example, male dietary requirements vary from that of a female. Geography can play a role as well, with North Indian diets being largely different from South Indian ones. Meal preferences come into play since the consumption of food by a vegetarian or a vegan differing largely from that by a non-vegetarian.

However, we have put together a diet plan for weight loss with Indian food. This 7 day diet plan, 1200 calorie diet plan is a sample, and should not be followed by any individual without consulting with a nutritionist.

VR KSHATRIYA

Day 1:

- After starting your day with cucumber water, have oats porridge and mixed nuts for breakfast.
- Have a roti with dal and gajar matar sabzi for lunch.
- Follow that up with dal and lauki sabzi to go with a roti for dinner.

DAY 1	DIET CHART
6:30 AM	CUCUMBER DETOX WATER(1 GLASS)
8:00 AM	OATS PORRIDGE IN SKIMMED MILK(1 BOWL) MIXED NUTS(25 GRAMS)
12:00 PM	SKIMMED MILK PANEER(100 GRAMS)
2:00 PM	MIXED VEGETABLE SALAD(1 KATORI)
2:10 PM	DAL(1 KATORI)GAJAR MATAR SABZI(1 KATORI) ROTI (1 ROTI/CHAPATI)
4:00 PM	CUT FRUITS(1 CUP)BUTTERMILK(1 GLASS)
5:30 PM	TEA WITH LESS SUGAR AND MILK(1 TEACUP)
8:50 PM	MIXED VEGETABLE SALAD(1 KATORI)
9:00 PM	DAL(1 KATORI)LAUKI SABZI(1 KATORI) ROTI (1 ROTI/CHAPATI)

Day 2:

- On the second day, eat a mixed vegetable stuffed roti with curd for breakfast.
- For lunch, have half a katori of methi rice along with lentil curry.
- End your day with sauteed vegetables and green chutney.

DAY 2	DIET CHART
6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Curd(1.5 katori)Mixed Vegetable Stuffed Roti(2 piece)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Lentil Curry(0.75 bowl)Methi Rice(0.5 katori)
4:00 PM	Apple(0.5 small (2-3/4" dia))Buttermilk(1 glass)
5:30 PM	Coffee with Milk and Less Sugar(0.5 tea cup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Sauteed Vegetables with Paneer(1 katori)Roti (1 roti/chapati) Green Chutney(2 tablespoon)

VR KSHATRIYA

Day 3:

- Breakfast on day 3 would include Multigrain Toast and Skim Milk Yogurt.
- In the afternoon, have sauteed vegetables with paneer and some green chutney.
- Half a katori of methi rice and some lentil curry to make sure you end the day on a healthy note.

Day 3 Diet Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Skim Milk Yoghurt(1 cup (8 fl oz))Multigrain Toast(2 toast)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Sauteed Vegetables with Paneer(1 katori)Roti (1 roti/chapati) Green Chutney(2 tablespoon)
4:00 PM	Banana(0.5 small (6" to 6-7/8" long))Buttermilk(1 glass)
5:30 PM	Tea with Less Sugar and Milk(1 teacup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Lentil Curry(0.75 bowl)Methi Rice(0.5 katori)

Day 4:

- Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelette
- Follow that up with Moong Dal, Bhindi Sabzi, and roti.
- Complete the day's food intake with steamed rice and palak chole.

Day 4 Diet Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Fruit and Nuts Yogurt Smoothie(0.75 glass) Egg Omelette(1 serve(one egg))
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Green Gram Whole Dal Cooked(1 katori)Bhindi sabzi(1 katori) Roti (1 roti/chapati)
4:00 PM	Orange(1 fruit (2-5/8" dia))Buttermilk(1 glass)
5:30 PM	Coffee with Milk and Less Sugar(0.5 tea cup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Palak Chole(1 bowl)Steamed Rice(0.5 katori)

Day 5:

- Have a glass of skimmed milk and peas poha for breakfast on the fifth day.
- Eat a missi roti with low fat paneer curry in the afternoon.
- End the day with roti, curd and aloo baingan tamatar ki sabzi.

Day 5 Diet Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Skimmed Milk(1 glass)Peas Poha(1.5 katori)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Low Fat Paneer Curry(1.5 katori)Missi Roti(1 roti)
4:00 PM	Papaya(1 cup 1" pieces)Buttermilk(1 glass)
5:30 PM	Tea with Less Sugar and Milk(1 teacup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Curd(1.5 katori)Aloo Baingan Tamatar Ki Sabzi(1 katori) Roti (1 roti/chapati)

Day 6:

- On Day 6, have idli with sambar for breakfast
- For lunch, roti with curd and aloo baingan tamatar ki sabzi
- To end Day 6, eat green gram with roti and bhindi sabzi

Day 6 Diet Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Mixed Sambar(1 bowl)Idli(2 idli)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Curd(1.5 katori)Aloo Baingan Tamatar Ki Sabzi(1 katori) Roti (1 roti/chapati)
4:00 PM	Cut Fruits(1 cup)Buttermilk(1 glass)
5:30 PM	Coffee with Milk and Less Sugar(0.5 tea cup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Green Gram Whole Dal Cooked(1 katori)Bhindi sabzi(1 katori) Roti (1 roti/chapati)

VR KSHATRIYA

Day 7:

- On the seventh day, start with besan chilla and green garlic chutney.
- Have steamed rice and palak chole for lunch.
- End the week on a healthy note with low fat paneer curry and missi roti.

Day 7 Diet Chart

6:30 AM	Cucumber Detox Water(1 glass)
8:00 AM	Besan Chilla(2 cheela)Green Garlic Chutney(3 tablespoon)
12:00 PM	Skimmed Milk Paneer(100 grams)
2:00 PM	Mixed Vegetable Salad(1 katori)
2:10 PM	Palak Chole(1 bowl)Steamed Rice(0.5 katori)
4:00 PM	Apple(0.5 small (2-3/4" dia))Buttermilk(1 glass)
5:30 PM	Tea with Less Sugar and Milk(1 teacup)
8:50 PM	Mixed Vegetable Salad(1 katori)
9:00 PM	Low Fat Paneer Curry(1 katori)Missi Roti(1 roti)



Balanced Diet Chart

While creating a diet chart, it is important to make sure it is balanced, in order to ensure that you receive all the required nutrients. Include the following nutrients in your diet plan:

1. Carbohydrates

Carbs are the body's main source of energy and should make up half of your daily calorie requirement. However, it's important to choose the right type of carbs. Simple carbs, such as bread, biscuit, white rice and wheat flour, contain too much sugar and are bad for you. Instead, opt for complex carbs that are high in fiber and packed with nutrients as compared to simple carbs. Fiber-rich complex carbs are slow to digest, leave you feeling full for longer, and are therefore the best option for weight control. Brown rice, millets such as ragi and oats are all good complex carb choices.



2. Proteins

Most Indians fail to meet their daily protein requirement. This is troublesome, as proteins are essential to help [paper writer](#) the body build and repair tissue, muscles, cartilage and skin, as well as pump blood. A high protein diet can also help you lose weight, as it helps build muscle – which burns more calories than fat.

About 30% of your diet should consist of protein in the form of whole *dals*, *paneer*, *chana*, milk, leafy greens, eggs, white meat or sprouts. Having one helping of protein with every meal is essential.



3. Fats

A food group that has acquired a bad reputation, fats are essential for the body as they synthesize hormones, store vitamins and provide energy. Experts suggest one-fifth or 20% of your diet comprise of healthy fats – polyunsaturated, monounsaturated and Omega-3 fatty acids. Using a combination of oils for different meals – including olive oil, rice bran oil, mustard oil, soya bean, sesame, sunflower and groundnut oil – along with restricted quantities of butter and ghee is the most optimal way to consume fats. Avoid trans fats – that are found in fried snacks, completely.



4. Vitamins and minerals

Vitamin A, E, B12, D, calcium and iron are essential for the body as they support metabolism, nerve and muscle function, bone maintenance, and cell production. Primarily derived from plants, meat and fish, minerals can be found in nuts, oilseeds, fruits and green leafy vegetables.

Experts recommend consuming 100 grams of greens and 100 grams of fruits everyday.



5. Meal Swaps

One of the easiest ways to eat healthy is to swap out the unhealthy foods in your diet with healthier alternatives. For example, fulfil your cravings for a snack to munch on with air popped popcorn instead of relying on potato chips. Check out a few healthy meal swaps that you could try going forward:

Along with a balanced diet plan, these habits will help you stay healthy

- **Opt for 5-6 meals a day:** Instead of three large meals, try having three modest meals and a few snack breaks through the day in controlled portions. Spacing your meals across regular intervals prevents [acidity](#) and bloating, and also keeps hunger pangs at bay. Quit your junk food habit by making healthier snack choices.
- **Have an early dinner:** Indians eat dinner later than the other societies across the world. Metabolism slows down at night, so a late dinner can lead to weight gain. Experts recommend you eat your last meal of the day by 8 pm.
- **Drink a lot of water:** How does drinking more water help you lose weight? For starters, it's zero calories. Also, drinking a glass of water can help curb hunger pangs. Have six to eight glasses of water daily to lose weight. You can also find a list of drinks that will help you lose weight [here](#).
- **Eat a lot of fiber:** A person needs at least 15 gm of fiber every day, as it aids digestion and heart health. Oats, lentils, flax seeds, apples and broccoli are some great sources of fiber.

You don't have to ditch your regular food habits or make massive changes to your diet, you just need the best balanced Indian diet plan to get fit!