

FAT LOSS – NON-VEG (7 DAYS) MEAL-WISE DIET CHART

Quantity • Protein (g) • Calories • Fat Calories

BREAKFAST (DAY 1–DAY 7)

Day	Food	Qty	Protein	Calories	Fat Cal
1	Boiled eggs + wheat toast + tomato	2 eggs	18	300	120
2	Egg white omelet + roti	3 whites	15	260	40
3	Chicken keema + roti	60 g	22	320	110
4	Scrambled eggs + veg + bread	2 eggs	17	310	130
5	Egg bhurji + roti	2 eggs	18	300	120
6	Chicken sausage + egg whites	2 pcs	24	350	140
7	Masala omelet + roti	3 eggs	21	340	150

MID-MORNING (DAY 1–DAY 7)

Day	Food	Qty	Protein	Calories	Fat Cal
1	Apple + almonds	1 + 6	4	160	60
2	Orange + walnuts	1 + 4	4	180	90
3	Coconut water + dates	1 glass	3	200	10
4	Guava + almonds	1 + 6	5	170	70
5	Pear + cashews	1 + 4	4	180	80
6	Tender coconut + banana	1 glass	4	210	20
7	Orange + green tea	1	2	120	5

LUNCH (DAY 1–DAY 7)

Day	Food	Qty	Protein	Calories	Fat Cal
1	Grilled chicken + quinoa + veg	100 g	30	450	120
2	Chicken curry + rice + dal	120 g	32	520	150
3	Fish curry + quinoa + salad	100 g	28	480	140
4	Chicken breast + rice + dal	100 g	33	500	130
5	Mutton curry + quinoa + veg	80 g	26	550	200
6	Fish curry + rice + dal	120 g	30	520	150
7	Chicken biryani + raita + salad	Small	25	600	220

EVENING SNACKS (DAY 1–DAY 7)

Day	Food	Qty	Protein	Calories	Fat Cal
1	Boiled egg + green tea	1 egg	6	90	45
2	Roasted chana	¼ cup	7	140	25
3	Egg white + green tea	1 white	4	50	5
4	Buttermilk	1 glass	4	80	10
5	Green tea + egg white	1 white	4	50	5
6	Pumpkin seeds	15 g	6	90	55
7	Sprouts salad	1 cup	8	120	15

DINNER (DAY 1–DAY 7)

Day	Food	Qty	Protein	Calories	Fat Cal
1	Fish curry + roti + salad	100 g	26	420	130
2	Grilled fish + spinach	120 g	30	380	110
3	Grilled chicken + vegetables	100 g	32	360	90
4	Fish tikka + vegetables	120 g	30	390	120
5	Grilled fish + cauliflower rice	100 g	28	350	90
6	Grilled chicken + broccoli	120 g	34	370	85
7	Grilled fish + spinach	100 g	28	360	95

FAT LOSS GUIDELINES

- Drink 3–4 litres of water daily
- Avoid sugar and fried foods
- Finish dinner before 8 PM
- Walk 8,000–10,000 steps daily
- Include protein in every meal