

7 Day Diet Chart for Female Weight Loss

Ayurvedic + Healthy Indian Diet Plan (Simple & Easy to Follow)

This diet chart is made to support healthy and safe weight loss for females. This plan combines Ayurvedic digestion support with balanced nutrition. Follow this plan with daily walking, good sleep, and proper water intake.

Day 1

- Morning: Warm lemon water or jeera water
- Breakfast: Oats with chia seeds
- Lunch: Dal + Roti + Vegetable + Salad
- Evening: Green tea + Roasted chana
- Dinner: Vegetable soup

Day 2

- Morning: Warm water + soaked almonds
- Breakfast: Moong dal chilla
- Lunch: Brown rice + Rajma + Salad
- Evening: Coconut water
- Dinner: Paneer salad

Day 3

- Morning: Jeera water
- Breakfast: Vegetable upma
- Lunch: Quinoa + Dal + Sabzi
- Evening: Herbal tea + Nuts
- Dinner: Lauki sabzi + Roti

Day 4

- Morning: Lemon warm water
- Breakfast: Fruit smoothie (No sugar)
- Lunch: Khichdi + Curd + Salad
- Evening: Roasted makhana
- Dinner: Tomato soup

Day 5

- Morning: Ginger warm water
- Breakfast: Idli + Sambar
- Lunch: Roti + Paneer / Chicken + Sabzi
- Evening: Buttermilk
- Dinner: Vegetable stew

Day 6

- Morning: Cinnamon warm water
- Breakfast: Besan chilla
- Lunch: Rice + Fish / Dal + Sabzi
- Evening: Green tea + Seeds mix
- Dinner: Soup + Salad

Day 7

- Morning: Jeera lemon warm water
- Breakfast: Vegetable poha
- Lunch: Dal + Roti + Sabzi
- Evening: Coconut water
- Dinner: Light khichdi

Ayurvedic Weight Loss Tips

- ✓ Drink warm water in morning to improve digestion
- ✓ Avoid cold drinks, fried foods, and packaged foods
- ✓ Eat fresh homemade warm meals
- ✓ Sleep before 11 PM
- ✓ Do daily walking or yoga for 30–45 minutes