

South Indian Diet Plan

2000 Cal Target • 100g+ Protein • Weight Loss • 3 Meals + 2 Snacks

Full Day Meal Plan

Meal	Time	Calories	Protein	Food Items
Breakfast	7:00 AM	~423 cal	~31g	Aval (40g) tempered with mustard, onion, chilli, and lemon • Banana (1) • Milk (100 ml) • Whey Protein (1 scoop)
Mid-Morning Snack	11:00 AM	190 cal	9g	• Roasted chana (30g) • Apple or Guava (1) • Black coffee or Green tea (No sugar)
Lunch	1:00 PM	550 cal	32g	• Brown rice (100g cooked) • Fish curry (150g) • Sambar (200ml) • Mixed vegetables (100g) • Curd (100g)
Evening Snack	5:00 PM	160 cal	7g	• Roasted peanuts (20g, unsalted) • Black coffee or Green tea
Dinner	8:45 PM	580 cal	35g	• Chicken breast (150g, grilled/curry) • 2 Wheat rotis • Moong/Toor dal (60g) • Side vegetables (No rice)

Daily Totals

Metric	Amount
Calories	~1,903 cal
Protein	~114g
Water	3.5 L

Weekly Lunch Rotation

Day	Lunch Focus
Mon / Thu	Fish curry
Tue / Fri	Chicken curry
Wed	Egg curry (3 eggs)
Sat	Small cheat meal ok
Sun	Light day - more vegetables, less carbs

Rules: Avoid vs OK

Avoid	OK
Sugar in tea/coffee	Rasam
Fried food (bajji, bonda, chips)	Buttermilk (mor), no sugar
Maida (parota, white bread, naan)	Coconut chutney, small amount
Soft drinks / packaged juices	Idli (3) as breakfast swap
Rice at dinner	Ragi koozh
Eating after 9:30 PM	

Expected Results

Timeline	Expected Weight Loss
Week 1-2	0.5-1 kg
Month 2	2-3 kg
Day 100	Target 79-80 kg

Note: This is general dietary guidance. Please consult a registered dietitian if you have any medical conditions before starting this plan.