

1-Week Smart Snacking Chart (Weight Loss & Heart-Friendly!)

Day 1 (Monday)

Breakfast: Oats upma with veggies

Mid-Morning Snack: Roasted chana (1 bowl) + green tea

Lunch: Quinoa pulao + cucumber raita

Evening Snack: Apple slices + almond butter (1 tbsp)

Dinner: Palak paneer + 1 roti

Day 2 (Tuesday)

Breakfast: Moong dal chilla + mint chutney

Mid-Morning Snack: Buttermilk (1 glass) + a handful of almonds

Lunch: Brown rice + rajma curry + salad

Evening Snack: Masala makhana (1 cup)

Dinner: Tofu stir-fry + sautéed veggies

Day 3 (Wednesday)

Breakfast: Poha with peanuts and curry leaves

Mid-Morning Snack: Coconut water + 1 boiled egg

Lunch: Mixed veg curry + 1 multigrain roti + raita

Evening Snack: Greek yogurt + chia seeds

Dinner: Besan cheela + lauki sabzi

Day 4 (Thursday)

Breakfast: Smoothie bowl (banana, spinach, protein powder)

Mid-Morning Snack: Sprouts chaat with lemon & tomato

Lunch: Bajra khichdi + lauki raita

Evening Snack: Cucumber sticks + hummus

Dinner: Paneer bhurji + 1 jowar roti

Day 5 (Friday)

Breakfast: Idli + sambar

Mid-Morning Snack: 1 pear + green tea

Lunch: Chickpea salad bowl with olive oil dressing

1-Week Smart Snacking Chart (Weight Loss & Heart-Friendly!)

Evening Snack: Handful of walnuts + herbal tea

Dinner: Moong dal soup + sautéed spinach

Day 6 (Saturday)

Breakfast: Vegetable daliya

Mid-Morning Snack: 1 boiled corn cob

Lunch: Grilled fish + sautéed broccoli (veg: grilled mushroom)

Evening Snack: Roasted fox nuts (makhana) + tulsi tea

Dinner: Khichdi (yellow moong) + beetroot salad

Day 7 (Sunday)

Breakfast: Vegetable oats cheela

Mid-Morning Snack: 1 orange + 2 walnuts

Lunch: Multigrain roti + bhindi masala + curd

Evening Snack: Homemade protein bar or dates + seeds

Dinner: Paneer tikka + mixed vegetable soup