



7 days diet plan

By Purvy Garg

www.purvygarg.com

About Me

Hi, I'm Purvy Garg, a clinical nutritionist with 4+ years of experience in the health-tech and wellness industry. I've worked with platforms like HealthifyMe, Curelink, and Sugarfit, helping over 10,000 individuals achieve sustainable results in managing PCOS, diabetes, weight loss, and hormonal health.

I believe in the power of food, empathy, and consistency to bring lasting change. My approach is data-driven, habit-based, and deeply personalised.

If you're someone who's tired of extreme diets and quick fixes, and want real transformation through practical food and lifestyle habits, you're in the right place.

✨ Let's take the first step together!

7 Days diet plan

Who this is for?

Ideal for anyone aiming for better energy, digestion, balanced blood sugar, and healthy weight.



Day 1

Morning: Warm water + soaked almonds (5) + 1 tsp ghee

Breakfast: Moong dal chilla + mint chutney

Mid-morning: Coconut water + 1 fruit (guava/orange)

Lunch: Brown rice + rajma + salad + curd

Evening Snack: Roasted chana + green tea

Dinner: Vegetable soup + paneer tikka + sauteed spinach



Day 2

Morning: Jeera water + 5 soaked walnuts

Breakfast: Vegetable upma + sambhar

Mid-morning: 1 banana + few sunflower seeds

Lunch: Multigrain roti + lauki sabzi + dal + salad

Evening Snack: Makhana roasted in ghee + herbal tea

Dinner: Khichdi (moong + rice) + beetroot raita

Day 3

Morning: Haldi water + 2 dates

Breakfast: Besan cheela + coriander chutney

Mid-morning: Buttermilk + 1 fruit (papaya/apple)

Lunch: Quinoa pulao + mixed vegetable curry + salad

Evening Snack: Boiled sweet potato with chat masala

Dinner: Palak paneer + 2 jowar rotis + cucumber raita

Day 4

Morning: Ginger tulsi tea + 4 almonds + 2 cashews

Breakfast: Poha with peanuts + pomegranate seeds

Mid-morning: 1 pear + fennel water

Lunch: Bajra roti + methi aloo + chana dal + salad

Evening Snack: Homemade trail mix + lemon water

Dinner: Vegetable stew + rice + curd

Day 5

Morning: Lemon water + 1 tsp flax seeds

Breakfast: Idli + coconut chutney + sambhar

Mid-morning: 1 apple + green tea

Lunch: Millet khichdi + kadhi + cucumber salad

Evening Snack: Moong sprouts chat + jeera ajwain water

Dinner: Vegetable dalia + curd + sautéed bhindi

Day 6

Morning: Cinnamon water + 5 soaked almonds

Breakfast: Stuffed moong dal paratha + curd

Mid-morning: 1 orange + 1 tsp pumpkin seeds

Lunch: Red rice + rajma + beetroot salad

Evening Snack: Roasted foxnuts + herbal infusion

Dinner: Vegetable quinoa pulao + mint raita

Day 7

Morning: Amla juice + 2 dates

Breakfast: Ragi dosa + tomato chutney

Mid-morning: Coconut water + fruit

Lunch: Roti + bhindi + toor dal + salad

Evening Snack: Hummus + cucumber/carrot sticks

Dinner: Lemon coriander soup + grilled tofu + sautéed veggies

Notes:

- **Adjust portion sizes based on your individual energy needs.**
- **Drink 2–3L water daily.**
- **Include 30 mins of movement every day.**