

7-DAY Pakistani Diet Plan 1300-1400 Calories

DAY 1

- BREAKFAST**
- Scrambled Eggs made with 2 large eggs and 1/2 teaspoon of oil. Season with salt, pepper or red chili flakes.
 - 2 slices of brown bread
 - 1 cup of chai made with a teaspoon of sugar and 1/3 cup low fat milk
- LUNCH**
- 1 portion [kalay chanay ki chat](#)
- DINNER**
- 1 portion [Kalay Chanay Ki Chat](#)
- SNACK**
- 1 cup of low fat yogurt
 - 100g apple, orange OR pear
 - 14g of almonds

DAY 2

- BREAKFAST**
- Vegetable Omelet with 2 large eggs, 15g onion, 20g tomato, 5g green chilies, coriander leaves as needed.
 - Season with salt, pepper or red chili powder/flakes.
 - Cook the omelet with 1/4 teaspoon oil.
 - Measure this with a measuring spoon Use a nonstick pan so it doesn't stick. In case it does you can add a splash of water.
 - Serve with two slices of brown bread and Chai (like in day 1)
- LUNCH**
- 1 portion Low Calorie Bombay Biryani
- DINNER**
- 1 Portion Low Calorie Bombay Biryani
- SNACK**
- 100g apple, banana or pear

DAY 3

- BREAKFAST**
- Anday ki bhujia/Anda Ghutala made with 1/2 tsp oil, 2 large eggs, 30g tomato and 30g onion, 5g green chilies and coriander leaves to taste.
 - Season with salt, pepper, red chili powder/flakes and turmeric powder.
 - 2 slices of brown bread
 - Serve with chai as in day 1 and day 2.
- LUNCH & DINNER**
- 1 portion low calorie aloo palak
 - 1 portion green raita
 - 100g cucumber
 - Serve with small roti made from 1/3 cup of dry whole wheat flour (aata) (around 42g) and add water to make the dough.
- SNACK**
- 1 cup of low fat yogurt
 - 100g banana, mango or papaya
 - 14g almonds (12-14 pieces)

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DAY 4

- BREAKFAST**
- 1 small paratha made with 1/3 cup of aata (42g dry whole wheat aata. Add water to make a dough). Cook as you do roti but add 1/2 teaspoon of ghee at the end. Use a measuring spoon.
 - 2 boiled eggs. Season with salt and pepper.
 - Serve with chai as in day 1.
- LUNCH & DINNER**
- 1 portion low calorie qeema
 - 1 portion green raita
 - 100g carrot and 100g cucumber
 - Serve with small roti made from 1/3 cup of dry whole wheat flour (aata) (around 42g) and add water to make the dough.
- SNACK**
- 1 cup low fat yogurt
 - 14g cashews
 - 100g banana, mango or papaya

DAY 5

- BREAKFAST**
- Sunny-side up eggs. Heat 1/2 teaspoon of oil in a non-stick pan, then break two eggs over it, season with salt and add some water, Cover the frying pan till the eggs are cooked to your preference.
 - Serve with 2 slices of brown bread and chai (as in DAY 1)
- LUNCH & DINNER**
- 1 portion Lahori cholay
 - Serve with small roti made from 1/3 cup of dry whole wheat flour (aata) (around 42g) and add water to make the dough.
- SNACK**
- 1 cup low fat yogurt
 - 100g grapes, blueberries or cherries

DAY 6

- BREAKFAST**
- 2 large eggs cooked with 1/2 teaspoon oil
 - Season with salt and pepper or red chili flakes
 - Serve with 2 slices of bread and chai
- LUNCH**
- 1 portion low calorie chicken yakhni pulao
 - 1 portion green raita
 - 100g cucumber
- DINNER**
- 1 portion low calorie chicken yakhni pulao
- SNACK**
- 14g cashews
 - 100g grapes, blueberries or cherries

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DAY 7

BREAKFAST

- 2 large eggs cooked with 1/2 teaspoon oil
- Season with salt and pepper or red chili flakes
- Serve with 2 slices of bread and chai

LUNCH & DINNER

- 2 [Low Calorie Shami Kababs](#)
- 1 portion green raita
- 100g cucumber and 100g carrot
- Serve with small roti made from 1/3 cup of dry whole wheat flour (aata) (around 42g) and add water to make the dough.

SNACK

- 1 cup low fat yogurt
- 14g almonds
- 100g mango, banana OR papaya

This 7-day meal plan provides a balanced approach to healthy eating while maintaining flavor and traditional Pakistani dishes. Designed to help with weight loss or maintaining a healthy lifestyle, each day includes a variety of nutritious options that focus on whole foods, lean proteins, and fresh vegetables, while also being mindful of calorie intake.

Links to the Low Calorie Recipes are in the blog post.

