

Tamil Tiffin Slim-Down

1420 kcal / day | 136g protein | 25g fibre | portions are for ONE person

	BREAKFAST	LUNCH	SNACK	DINNER	DAY TOTAL
Day 1	Rava Upma with veggies + 1 cup curd 1 cup rava upma with veggies 381 kcal P27 C45 F9	Curd Rice with pickle + 1/2 cup soya chunks 1 cup curd rice + 1 tsp pickle 482 kcal P35 C62 F9	Masala Chana + 1 protein shake (plant-based) 0.5 cup masala chana 217 kcal P25 C19 F5	Vegetable Korma with roti + 1/4 cup roasted chana 0.75 cup vegetable korma + 2 roti 471 kcal P18 C64 F16	1551 kcal P 105g fibre 31g
Day 2	Rava Upma with veggies + 1 cup milk 1 cup rava upma with veggies 364 kcal P26 C45 F7	Tomato Rice with raita + 1/4 cup roasted chana 1.25 cup tomato rice + 0.5 cup raita 464 kcal P15 C72 F13	Masala Chana + 1 protein shake (plant-based) 0.5 cup masala chana 217 kcal P25 C19 F5	Palak Paneer with roti + 1/2 cup soya chunks 0.75 cup palak paneer (75g paneer) + 2 roti 505 kcal P45 C44 F15	1550 kcal P 111g fibre 32g
Day 3	Masala Dosa with sambar + 1/2 cup soya chunks 1 masala dosa + 0.5 cup sambar 455 kcal P37 C52 F9	Curd Rice with pickle + 1/2 cup paneer cubes 1 cup curd rice + 1 tsp pickle 407 kcal P19 C48 F18	Sprouted Moong Salad + 1 protein shake (plant-based) 0.75 cup sprouted moong salad 217 kcal P26 C19 F5	Palak Paneer with roti + 1/4 cup roasted chana 0.75 cup palak paneer (75g paneer) + 2 roti 471 kcal P27 C51 F18	1550 kcal P 109g fibre 29g
Day 4	Rava Upma with veggies + 1/2 cup soya chunks 1 cup rava upma with veggies 455 kcal P41 C51 F7	Curd Rice with pickle + 1/2 cup paneer cubes 1 cup curd rice + 1 tsp pickle 407 kcal P19 C48 F18	Curd with berries + 1 protein shake (plant-based) 0.5 cup curd + 0.25 cup berries 217 kcal P25 C16 F6	Palak Paneer with roti + 1/4 cup roasted chana 0.75 cup palak paneer (75g paneer) + 2 roti 471 kcal P27 C51 F18	1550 kcal P 112g fibre 26g
Day 5	Idli with coconut chutney + 1/2 cup soya chunks 4 idli + 0.25 cup coconut chutney 455 kcal P34 C61 F6	Curd Rice with pickle + 1/2 cup paneer cubes 1 cup curd rice + 1 tsp pickle 407 kcal P19 C48 F18	Masala Chana + 1 protein shake (plant-based) 0.5 cup masala chana 217 kcal P25 C19 F5	Palak Paneer with roti + 1/4 cup roasted chana 0.75 cup palak paneer (75g paneer) + 2 roti 471 kcal P27 C51 F18	1550 kcal P 105g fibre 27g
Day 6	Masala Dosa with sambar + 1 cup milk 1 masala dosa + 0.5 cup sambar 364 kcal P17 C47 F13	Tomato Rice with raita + 1/4 cup roasted chana 1.25 cup tomato rice + 0.5 cup raita 464 kcal P15 C72 F13	Masala Chana + 1 protein shake (plant-based) 0.5 cup masala chana 217 kcal P25 C19 F5	Chana Masala with rice + 1/2 cup soya chunks 0.75 cup chana masala + 0.75 cup rice 505 kcal P39 C62 F10	1550 kcal P 96g fibre 30g
Day 7	Idli with coconut chutney + 1 cup milk 4 idli + 0.25 cup coconut chutney 364 kcal P15 C54 F10	Tomato Rice with raita + 1/4 cup roasted chana 1.25 cup tomato rice + 0.5 cup raita 464 kcal P15 C72 F13	Curd with berries + 1 protein shake (plant-based) 0.5 cup curd + 0.25 cup berries 217 kcal P25 C16 F6	Palak Paneer with roti + 1/2 cup soya chunks 0.75 cup palak paneer (75g paneer) + 2 roti 505 kcal P45 C44 F15	1550 kcal P 100g fibre 27g

Shopping list for the week

Everything below covers all 7 days - aisle by aisle.

Produce

- ☐ Mixed Vegetables - 500 g
- ☐ Onions - 500 g
- ☐ Green Chilies - 100 g
- ☐ Lemons - 2
- ☐ Tomatoes - 500 g
- ☐ Coriander - 1 bunch
- ☐ Curry Leaves - 1 packet
- ☐ Cucumber - 2
- ☐ Pomegranate - 1

Protein

- ☐ Soya Chunks - 300 g
- ☐ Paneer - 200 g
- ☐ Plant-Based Protein Powder - 1 packet
- ☐ Roasted Chana - 100 g
- ☐ Sprouted Moong - 200 g
- ☐ Chana (Chickpeas) - 200 g

Dairy

- ☐ Curd / Yogurt - 1 kg
- ☐ Milk - 1.5 litres
- ☐ Berries - 100 g

Grains & Flours

- ☐ Rava / Semolina - 250 g
- ☐ Dosa Batter - 1 kg
- ☐ Idli Batter - 1 kg
- ☐ Roti / Chapati Flour - 500 g
- ☐ Rice - 500 g

Spices & Masalas

- ☐ Chaat Masala - 1 packet
- ☐ Cumin Seeds - 50 g
- ☐ Mustard Seeds - 50 g
- ☐ Sambar Powder - 1 packet

Pantry

- ☐ Cooking Oil - 1 litre
- ☐ Salt - 1 packet
- ☐ Black Pepper - 1 packet
- ☐ Pickle - 1 jar
- ☐ Coconut Chutney - 1 packet
- ☐ Toor Dal - 200 g

Every recipe, one tap away

Tap any dish for the full step-by-step recipe - free, no login needed.

- > [Rava Upma with veggies](#)
- > [Curd Rice with pickle](#)
- > [Masala Chana](#)
- > [Vegetable Korma with roti](#)
- > [Tomato Rice with raita](#)
- > [Palak Paneer with roti](#)
- > [Masala Dosa with sambar](#)
- > [Sprouted Moong Salad](#)
- > [Curd with berries](#)
- > [Idli with coconut chutney](#)
- > [Chana Masala with rice](#)