

7-Day Vegetarian Breakfast Meal Plan

Day 1: Overnight Oats

Rolled oats + chia seeds + almond milk

Topped with banana and walnuts

Approx. 350 kcal

Day 2: Moong Dal Chilla with Mint Chutney

2 moong dal pancakes with vegetables

Mint-coriander chutney on the side

Approx. 320 kcal

Day 3: Vegetable Poha

Poha with peas, carrots, onions, mustard seeds

Garnished with lemon and coriander

Approx. 300 kcal

Day 4: Greek Yogurt Parfait

Greek yogurt + mixed berries + 1 tsp honey

Topped with chia seeds and 1 tbsp granola

Approx. 350 kcal

Day 5: Avocado Toast

1 slice whole grain toast + mashed avocado + cherry tomatoes

Sprinkle with lemon juice, salt, and chili flakes

Approx. 320 kcal

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Day 6: Vegetable Upma

Rava (semolina) upma with mixed vegetables

Served with a cup of herbal tea

Approx. 330 kcal

Day 7: Smoothie Bowl

Blended banana + spinach + almond milk

Topped with seeds, nuts, and apple slices

Approx. 340 kcal