

# 7-Day Non-Vegetarian Kidney-Friendly Weight Loss Diet Chart

## Day 1

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

## Day 2

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

## Day 3

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

## 7-Day Non-Vegetarian Kidney-Friendly Weight Loss Diet Chart

### Day 4

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

### Day 5

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

### Day 6

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)

## 7-Day Non-Vegetarian Kidney-Friendly Weight Loss Diet Chart

### Day 7

Morning (6:30 AM): Warm water with lemon + 5 soaked methi seeds

Breakfast (8:00 AM): 2 boiled egg whites + 1 slice multigrain toast + 1 fruit (apple/guava) + green tea

Mid-morning Snack (10:30 AM): 5 soaked almonds or roasted fox nuts

Lunch (1:00 PM): 1-2 phulkas + grilled chicken or fish (100-120g) + cooked lauki/bhindi/tori + 1/2 cup rice (optional) + 1 bowl plain dal (well-soaked)

Evening Snack (4:00 PM): 1 boiled egg white or roasted chana + herbal tea

Dinner (6:30 PM): Grilled fish or egg white omelette + sautéed vegetables or 1 phulka

Late Evening (8:30 PM): Warm turmeric water or half cup low-fat milk (optional)