

Fit n Slim: 7-Day Low-Carb Meal Guide

Day 1

Breakfast: Paneer bhurji with sautéed spinach (320 kcal, 20g protein, 6g carbs, 22g fat)

Lunch: Keto-friendly palak paneer with cauliflower rice (400 kcal, 18g protein, 8g carbs, 30g fat)

Dinner: Zucchini sabzi with mixed vegetable salad and curd (380 kcal, 12g protein, 10g carbs, 25g fat)

Snack: Roasted makhana with ghee and spices (150 kcal, 3g protein, 5g carbs, 12g fat)

Day 2

Breakfast: Besan chilla with mint chutney (300 kcal, 15g protein, 10g carbs, 20g fat)

Lunch: Stuffed bell peppers with paneer and vegetables (420 kcal, 18g protein, 9g carbs, 32g fat)

Dinner: Cabbage stir-fry with tofu and sesame (390 kcal, 20g protein, 7g carbs, 28g fat)

Snack: Coconut chips and a handful of almonds (180 kcal, 4g protein, 6g carbs, 15g fat)

Shopping List

Protein Sources:

- Paneer
- Tofu
- Besan (gram flour)

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- Greek yogurt
- Almonds

Vegetables:

- Spinach
- Cauliflower
- Zucchini
- Bell peppers
- Cabbage
- Mixed salad greens

Fats & Extras:

- Ghee
- Coconut oil
- Spices (turmeric, cumin, garam masala)
- Makhana
- Coconut chips
- Mint