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Indian diet plan consists of foods such as dals, salads, and curries made using vegetables and pulses. Most of these recipes do not use calorie-rich ingredients like cheese or cream, unlike Western cuisines. 4. Satiating flavors. Most Indian foods are filled with distinct flavour and spice that can easily satiate your taste buds.

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Monday Breakfast: Sambar with brown rice idli Lunch: Whole-grain roti with mixed-vegetable curry Dinner: Tofu curry with mixed vegetables and a fresh spinach salad

The Best Indian Diet Plan for Weight Loss
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The Great Indian Diet: Busting the big FAT MYTH by Shilpa ...

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