

I have updated your 7-day vegetarian, hair & skin-friendly, 1,600 kcal diet chart to include possible breakfast/snack (nashta) options like Poha, Upma, Moong Dal Chilla, Oats Cheela, Idli, and Vegetable Daliya. This provides flexibility while keeping calories, protein, and nutrient balance intact for weight loss, strong hair, and glowing skin.

7-Day Veg Diet Chart with Nashta Options (Hair & Skin-Friendly, 1,600 kcal/day)

Day 1

Breakfast/Nashta options (~350 kcal): Vegetable Daliya Upma (40 g raw daliya + 100 g vegetables + 1 tsp oil), Paneer 50 g, Apple 100 g OR Poha 40 g raw + peas + onion + 1 tsp oil, Paneer 50 g, Orange 100 g

Day 2

Breakfast/Nashta options (~350 kcal): Oats Cheela 40 g oats flour + vegetables + 1 tsp oil, Curd 100 g, Guava 100 g OR Moong Dal Chilla 40 g batter + 1 tsp oil, Curd 100 g, Papaya 100 g

Day 3

Breakfast/Nashta options (~350 kcal): Poha 40 g raw + peas + onion + 1 tsp oil, Paneer 50 g, Orange 100 g OR Idli 3 small (rava 40 g) + Sambhar (30 g dal + vegetables), Paneer 50 g

Day 4

Breakfast/Nashta options (~350 kcal): Moong Dal Chilla 40 g batter + 1 tsp oil, Curd 100 g, Papaya 100 g OR Vegetable Upma 40 g suji + 100 g vegetables + 1 tsp oil, Paneer 50 g, Apple 100 g

Day 5

Breakfast/Nashta options (~350 kcal): Idli 3 small + Sambhar (30 g dal + vegetables), Guava 100 g, Paneer 50 g OR Oats Cheela 40 g oats flour + vegetables + 1 tsp oil, Curd 100 g, Banana 100 g

Day 6

Breakfast/Nashta options (~350 kcal): Vegetable Upma 40 g suji + 100 g vegetables + 1 tsp oil, Paneer 50 g, Apple 100 g OR Poha 40 g raw + peas + onion + 1 tsp oil, Paneer 50 g, Orange 100 g

Day 7

Breakfast/Nashta options (~350 kcal): Oats Porridge 40 g oats + 200 ml low-fat milk + 1 tsp chia seeds, Banana 100 g OR Moong Dal Chilla 40 g batter + 1 tsp oil, Curd 100 g, Papaya 100 g

Other meals (Lunch, Snacks, Dinner, Bedtime) remain the same as the original chart with calories ~1,600 kcal/day.

This version gives flexible nashta choices while keeping your daily calorie and nutrient targets aligned with weight loss, hair, and skin health.