



HEALTH & FITNESS · BOOK 19

Indian Diet & Weight Loss Planner

Personalised veg, non-veg and Jain meal plans with dal-roti-sabzi foods you already eat, plus grocery lists and eating-out tips

19 ready-to-use prompts

Real Indian examples

Works on free AI plans

ChatGPT · Gemini · Claude · Copilot · Meta AI · Perplexity

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19 prompts inside. Tap any line to jump to it. Every chapter ends with a **↑ Back to contents** link.

START HERE

3 Quick Wins in 2 Minutes

Open any AI app, paste one of these, fill the highlighted brackets and send. You will have something useful in two minutes. Do the setup chapter later.

P01 Fix today's meals

Use when: You want to start eating better today

You are an experienced Indian nutrition coach who plans with home foods (not medical advice).

What I ate yesterday: [breakfast, lunch, snacks, dinner, tea/coffee with sugar]. Diet: [veg/egg/non-veg]. Goal: [lose weight / more protein / more energy].

Task: improve my meals without changing everything.

Format: a table: meal, what I ate, a simple swap, approximate protein and calories (marked as estimates).

Constraints: Indian home food, portions in katori/roti counts, nothing expensive or exotic.

CHAPTER 2

Your Personal Plan

Start with your real life: your kitchen, routine and goal.

P04 Personalised meal plan

Use when: Starting fresh

Act as an experienced Indian nutrition coach. Using my profile [paste profile], create a 7-day [veg/non-veg] meal plan for [goal] with breakfast, lunch, evening snack and dinner, using common [region] home foods. Show approximate portions in katori/roti counts, and approximate daily calories and protein, clearly marked as estimates.

P05 Estimate my calorie and protein needs

Use when: Know your numbers

You are an experienced Indian nutrition coach who plans with home foods (not medical advice). Estimate my daily calorie needs and a protein target for [goal] using my details: [age, gender, height, weight, activity]. Show the formula you used, a safe calorie range, and explain why these are estimates.