

1000 Calorie Diet Plan

Breakfast

1 Cup of vegetable poha
1 Cup (200ml) of Low-fat milk



150
Calories



60
Calories

Mid Morning Snack

1 Small Bowl of Mixed fruit chaat



80
Calories

Lunch

2 Small Chapatti
1 Small bowl Palak dal



160
Calories



150
Calories

Evening Snack

1 Cup of Masala Chai
2 Pieces of Dhokla



40
Calories



160
Calories

Dinner

1 Small Bowl Vegetable khichdi
1 Small Bowl Cucumber and Tomato Salad



150
Calories



100
Calories

Weight Loss Plan Compare

Clifford Lane



Weight Loss Plan Compare:

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **Weight Loss Plan Compare** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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