

Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and ½ glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-cauliflower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, ½ small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, ½ small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.

Weight Loss Plan This Month Tutorial

Mary Milo



Weight Loss Plan This Month Tutorial:

The book delves into Weight Loss Plan This Month Tutorial. Weight Loss Plan This Month Tutorial is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weight Loss Plan This Month Tutorial, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weight Loss Plan This Month Tutorial
 - Chapter 2: Essential Elements of Weight Loss Plan This Month Tutorial
 - Chapter 3: Weight Loss Plan This Month Tutorial in Everyday Life
 - Chapter 4: Weight Loss Plan This Month Tutorial in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Weight Loss Plan This Month Tutorial. The first chapter will explore what Weight Loss Plan This Month Tutorial is, why Weight Loss Plan This Month Tutorial is vital, and how to effectively learn about Weight Loss Plan This Month Tutorial.
3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan This Month Tutorial. This chapter will elucidate the essential principles that need to be understood to grasp Weight Loss Plan This Month Tutorial in its entirety.
4. In chapter 3, this book will examine the practical applications of Weight Loss Plan This Month Tutorial in daily life. The third chapter will showcase real-world examples of how Weight Loss Plan This Month Tutorial can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weight Loss Plan This Month Tutorial in specific contexts. The fourth chapter will explore how Weight Loss Plan This Month Tutorial is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weight Loss Plan This Month Tutorial. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan This Month Tutorial.

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