

# 1200 CALORIE INDIAN DIET PLAN

DAY	 Early Morning	 Breakfast	 Mid Morning Snack	 Lunch	 Evening Snack	 Dinner
DAY-1	Lemon & Ginger Water (200ml)	2 Idli Sambaer (100g)	1 Apple	Brown Rice (100g) Green Leafy Dal (100g) Veg Curry (100g) Veg Salad (100g)	Roasted Peanuts (50g)	2 Ragi Dosa Peanut Chutney (5 tbsp)
DAY-2	Ash Gourd Juice (250ml)	Tofu Upma with Vegetables (100g)	1 Guava	Quinoa Mushrooms Pulaao(100g) Yogurt & Cucumber(100g) 1 Boiled Egg	1 Boiled Corn	2 Wheat Chapatti Horse Gram Curry (100g) Veg Salad (75g)
DAY-3	Lemon & Black Cumin Seed Water (200ml)	1 Pesarattu Ginger Chutney (5 tbsp)	10 Almonds Tender Coconut Water (200ml)	Brown Rice (100g) Veg Sabzi (100g) Veg Salad (100g)	Greek Yogurt with Strawberries (50g)	2 Wheat Rotis Palak Paneer with Seeded Vegetables (100g)
DAY-4	Pumpkin Juice (250ml)	2 Veg Uttapams Tomato Chutney (5 tbsp) 2 Egg Whites	1 Orange	Broken Wheat Upma (75g) Yogurt (5 tbsp) Veg Salad (100g)	Pea Protein Isolate (1 scoop) with Water	Grilled/Steamed Chicken (100g) Stir-Fry Vegetables (100g)
DAY-5	Carom & Fennel Seed Water (200ml)	2 Brown Bread Sandwiches 1.5 tbsp Unsweetened Peanut Butter	Watermelon (100g)	Brown Rice (100g) Chicken Curry (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-6	Apple Cider Vinegar (10ml) with Water (100ml)	Oats with Berries & Nuts (75g)	Buttermilk with Chia Seeds (250ml)	Miller Pongal (100g) Sambaer with Vegetables (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-7	Cumin Seed & Cinnamon Water (200ml)	Poha with Tofu & Vegetables (100g)	Papaya (100g)	2 Jowar Rotis Fish Curry (100g) Veg Salad (100g)	8 Walnuts Black Coffee (100ml)	Cabbage Soup (100ml) Sauteed Paneer with Vegetables (100g)

# Icloud Weight Loss Plan Top

**Jin-Ying Zhang**



## **Icloud Weight Loss Plan Top:**

## Unveiling the Magic of Words: A Overview of "**Icloud Weight Loss Plan Top**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Icloud Weight Loss Plan Top**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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