

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<p>Poha with veggies & a glass of fresh orange juice</p> 	<p>Brown rice, rasam & cabbage stir-fry</p> 	<p>Low-glycemic fruits</p> 	<p>Wheat dosa with roasted chana dal chutney</p> 
TUESDAY	<p>Vegetable oats or dalia</p> 	<p>Brown rice, beetroot poriyal, dal & curd</p> 	<p>Roasted chana</p> 	<p>Chapati or rotis with vegetable kurma & salad</p> 
WEDNESDAY	<p>Ragi Rava Dosa/ai with mint chutney</p> 	<p>Brown rice pulao with raisin</p> 	<p>Whole wheat bread with almond/peanut butter</p> 	<p>Besan chilla with vegetables</p> 
THURSDAY	<p>Vegetable Upma</p> 	<p>Brown rice, sprouts curry, rasam & curd</p> 	<p>Roasted Makhana or Foxnuts</p> 	<p>Chapati or rotis with chana masala & green salad</p> 
FRIDAY	<p>Brown rice idlis with coconut chutney</p> 	<p>Dalia khichdi with vegetables & curd</p> 	<p>A handful of peanuts or walnuts</p> 	<p>Roti with a bowl of sprouts</p> 
SATURDAY	<p>Broccoli & gobi paratha</p> 	<p>Brown rice, stir-fry spinach, moong sprouts & curd</p> 	<p>Banana or any other fresh seasonal fruit</p> 	<p>Chapati or rotis with low-fat paneer curry & salad</p> 
SUNDAY	<p>Ragi banana pancakes</p> 	<p>Quinoa fried rice with vegetables, cashews & sesame seed</p> 	<p>Baked vegetable cutlets or sweet potato tikkis</p> 	<p>Bajra, moong & peas khichdi</p> 

For weight loss

Weight Loss Plan Today Tutorial

Puja Mehta



Weight Loss Plan Today Tutorial:

Adopting the Track of Expression: An Psychological Symphony within **Weight Loss Plan Today Tutorial**

In a world taken by displays and the ceaseless chatter of fast conversation, the melodic elegance and emotional symphony produced by the prepared word usually diminish into the background, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Weight Loss Plan Today Tutorial** a wonderful fictional prize brimming with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant evaluation, we can examine the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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