

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

Lingjun Ying



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