

# 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 Compare Setup

**BM King**



**Weight Loss Plan Compare Setup:**

## Unveiling the Magic of Words: A Overview of "**Weight Loss Plan Compare Setup**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Weight Loss Plan Compare Setup**," a mesmerizing literary masterpiece penned with 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 into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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