

7-Day Vegetarian Diet Plan For Weight Loss

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 MAKING UP	Apple cider Vinegar (2tbsp) + Flax seeds (1tbsp)	Tulsi Dragee (1tbsp) + Walnuts (3 nos.)	Ginger and Tulsi Tea (1 Cup) + mixed seeds (1tbsp)	Lemon Ginger tea (1 cup) + Almonds (5 nos.)	Apple cider Vinegar (2tbsp) + Mixed nuts (5 nos.)	Ginger Tea with Honey (1 Cup) + 2 Walnuts	Lemon Honey Tea (1 cup) + pumpkin seeds (1tbsp)
 BREAKFAST	Red Pulses with Veggies (1 Bowl) + Bottled ground Juice (1 glass) + Sprouts (3tbsp)	Brown rice idli (3 nos.) + Sambar	Oats with Milk (1bowl) + Fruit (1 nos.) + moong sprouts raw (3tbsp)	Mixed Veg Brown Bread Sandwich (2slices) + Cucumber carrot juice (1 glass) + sprouts (3tbsp)	Chole paratha (1 nos.) + Chutney (3 tbs) + Spinach Cucumber mint juice (1 glass)	Besan Chilla with Veggies stuffed + Chutney (3tbsp)	Brown rice Dosa (2 nos.) + sambar (1 bowl)
 MID MORNING	Mint Jemma buttermilk (1 glass)	Fruit bowl	Blanched vegetable juice (1 glass)	Tender coconut water (1 glass)	Watermelon (1 bowl)	Nutty fruit Salad (1 bowl)	Ragi Buttermilk Porridge (1bowl)
 LUNCH	Brown Rice (1 bowl) + Kusumbar (1 bowl) + Dal + Veg Curry (1 cup)	Whole wheat Phulka (2 nos.) + Chole curry (1 bowl) + Mixed pepper corn salad (1 bowl)	Stuffed multigrain paratha (2nos.) + Cucumber Raita (1Katori)	Rice (1 bowl) + dal (1 bowl) + Tomato Garlic Rasam (1bowl)	Multigrain roti (2nos.) + Lentil dal (1 bowl) + Buttermilk (1 glass)	Millet Roti (2 nos.) + Lentil dal curry (1 bowl) + Tomato pepper rasam (1 bowl)	Moong Dal Khichdi (1bowl) + Cucumber Raita (1 Katori)
 EVENING SNACK	Green Tea (1 cup) + Roasted Makhana (3tbsp)	Tea without Sugar (3tbsp) + Chana Sondal (3tbsp)	Lime juice (Salty) (1 glass) + Grated coconut Thakk (50 gm)	Herbal tea (1 Cup) + Roasted Idli (50 gm)	Boiled peanuts (50gm) + Green tea (1 Cup)	Green Tea (1 Cup) + Bhajia (3 tbsp)	Ginger tea (1 Cup) + Boiled Green peas Chana (3tbsp)
 DINNER	Whole wheat Phulka (2 nos.) + Veg curry (1 bowl) + Pumpkin Lentil Soup (1 bowl)	Pumpkin Dal Soup with Oats (1 bowl) + Sautéed coloured Pepper (1 Bowl)	Whole Wheat Phulka (1bowl) + capsicum curry (1 bowl) + Dal garlic soup (1 bowl)	Boiled Sweet Potato Chana (1 bowl) + Mushroom soup (1 bowl)	Broken wheat Khichdi (1bowl) + Chutney (3 tbs)	Panzer wrap (1 nos.) + Sautéed Mixed Vegetable Salad (1 bowl)	Jowar Phulka (2nos.) + Green peas curry (1 bowl) + Moringa leaves tomato soup (1 bowl)
 BED TIME	Turmeric Milk	Triphala tablet (1 nos.)	Cinnamon Milk	Turmeric Pepper Milk	Triphala tablet (1 nos.)	Cinnamon water	Pepper milk

Sight Words List Weight Loss Plan Top

Christian G. Meyer

Sight Words List Weight Loss Plan Top:

Sight Words List Weight Loss Plan Top Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable.

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