

# Diet plan for weightloss



| Meal/Day of the week      | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---------------------------|---|--|--|---|---|
| <b>Breakfast</b>          | 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  |
| <b>Snack</b>              | Mixed nuts (approx. 25g)  | 1 bowl of roasted makhana  | 1 apple  | 1 bowl of carrot and cucumber sticks  | 1 bowl of cut fruits and 1/2 glass of skimmed milk                                    |
| <b>Lunch</b>              | 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, 1/2 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, 1/2 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 |
| <b>Snack</b>              | 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  |
| <b>Dinner</b>             | 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            |
| <b>Optional beverages</b> | 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 Scholarships Update

**M Carnoy**

**Weight Loss Plan Scholarships Update:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Weight Loss Plan Scholarships Update**. This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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