

1 week Diet plan

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

For weight loss

Weight Loss Plan Best

Betsy A. Hornick

Weight Loss Plan Best:

Weight Loss Plan Best Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has never been more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Weight Loss Plan Best**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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