













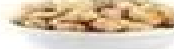















1 week Diet plan

	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 poriyai, dal & curd</p> 	<p>Roasted chana</p> 	<p>Chapati or rotis with vegetable kurma & salad</p> 
WEDNESDAY	<p>Ragi Rava Dosa with mint chutney</p> 	<p>Brown rice pulao with raita</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

Mary Williams



Weight Loss Plan Today Tutorial:

30 Days Weight loss guide Nutritionist Divya,2020-04-03 30 Days Weight loss guide is a quick ebook to help you kick start your weight loss journey You simply need to follow daily tips and challenges given Keep on continuing till day 30 Lose Weight Feel good improve mood improve energy levels and much more You can use this guide couple of times of the year for better results Every time you will reveal new you and rejuvenate your self **Complete Guide to the Soup Diet** Dr. Emma Tyler,2025-07-26 In her new book Complete Guide to the Soup Diet A Beginners Guide 7 Day Meal Plan for Weight Loss Dr Emma Tyler breaks down the Soup Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness Inside her weight loss guide Emma will teach you about the following aspects of the Soup Diet What the Soup Diet is Different Types of Soup Diet Major Health Benefits of Following the Soup Diet What Foods Should be Eaten when Following the Soup Diet What Foods Should be Avoided or Minimized on the Soup Diet A Simple Nutritious 7 Day Soup Diet Meal Plan How to Grocery Shop to Lose Weight How Exercise can Increase Weight Loss with the Soup Diet Lifestyle Benefits of Losing Weight on the Soup Diet Plus so much more Let Emma help you take control of your weight and guide you through the process of losing extra pounds and maintaining your body weight by using the tried and tested Soup Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks **Dieting & Weight Loss Guide: Lose Pounds in Minutes (Speedy Boxed Sets): Weight Maintenance Diets** Speedy Publishing,2019-11-22 Can you really lose pounds in minutes As long as you know what you re doing and you re doing it right then yes Here are three books that will give you the needed know how when it comes to dieting and weight loss Learn about cleansing and detoxing the healthy way Grab a copy and start learning today *Lose Pounds the Easy Way: A Complete Diet and Weight Loss Guide* Mary Williams,2014-05-18 Drop those pounds in a few days get fit and become healthier with a complete on how to lose pounds Don t get caught up in the latest diet fad use practical methods on eating the right way the best exercise and a whole range of helpful tips that will guide you on your diet and weight loss journey Obesity and being overweight is crushing to your self esteem become the new you by using these simple steps to motivate yourself and get out of the blocks with a bang and make sure that you are on a sustainable diet plan to lose pounds and look the way you should You are what you eat and if you eat a lot of fat then you are going to end up being fat So burn those pounds without spending months in the gym and follow these simple guidelines in this book as a practical and sustainable way of losing unwanted fat *Lose Pounds the Easy Way: A Complete Diet and Weight Loss Guide (With Audio)* Mary Williams,2014-05-18 Drop those pounds in a few days get fit and become healthier with a complete on how to lose pounds Don t get caught up in the latest diet fad use practical methods on eating the right way the best exercise and a whole range of helpful tips that will guide you on your diet and weight loss journey Obesity and being overweight is crushing to your self esteem become the new you by using these simple steps to motivate yourself and get out of the blocks

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