

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.

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John Murtagh



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Table of Contents Weight Loss Plan This Month Install

1. Understanding the eBook Weight Loss Plan This Month Install
 - The Rise of Digital Reading Weight Loss Plan This Month Install
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan This Month Install
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Loss Plan This Month Install
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan This Month Install
 - Personalized Recommendations
 - Weight Loss Plan This Month Install User Reviews and Ratings
 - Weight Loss Plan This Month Install and Bestseller Lists
5. Accessing Weight Loss Plan This Month Install Free and Paid eBooks
 - Weight Loss Plan This Month Install Public Domain eBooks
 - Weight Loss Plan This Month Install eBook Subscription Services

- Weight Loss Plan This Month Install Budget-Friendly Options
- 6. Navigating Weight Loss Plan This Month Install eBook Formats
 - ePub, PDF, MOBI, and More
 - Weight Loss Plan This Month Install Compatibility with Devices
 - Weight Loss Plan This Month Install Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weight Loss Plan This Month Install
 - Highlighting and Note-Taking Weight Loss Plan This Month Install
 - Interactive Elements Weight Loss Plan This Month Install
- 8. Staying Engaged with Weight Loss Plan This Month Install
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weight Loss Plan This Month Install
- 9. Balancing eBooks and Physical Books Weight Loss Plan This Month Install
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weight Loss Plan This Month Install
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weight Loss Plan This Month Install
 - Setting Reading Goals Weight Loss Plan This Month Install
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weight Loss Plan This Month Install
 - Fact-Checking eBook Content of Weight Loss Plan This Month Install
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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