

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 poriyai, dal & curd  | Roasted chana  | Chapati or rotis with vegetable kurma & salad  |
| WEDNESDAY | Ragi Rava Dosa with mint chutney  | Brown rice pulao with raisins  | Whole wheat bread with almond/peanut butter  | Besan chilla with vegetables  |
| THURSDAY | Vegetable Upma  | Brown rice, sprouts curry, rasam & curd  | Roasted Makhana or Foxnuts  | Chapati or rotis with chana masala & green salad  |
| FRIDAY | Brown rice idlis with coconut chutney  | Dalia khichdi with vegetables & curd  | A handful of peanuts or walnuts  | Roti with a bowl of sprouts  |
| SATURDAY | Broccoli & gobi paratha  | Brown rice, stir-fry spinach, moong sprouts & curd  | Banana or any other fresh seasonal fruit  | Chapati 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

Thomas Bailey



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