

# 1000 Calorie Diet Plan

## Breakfast

1 Cup of  
vegetable poha  
1 Cup (200ml) of  
Low-fat milk



**150**  
Calories



**60**  
Calories

## Mid Morning Snack

1 Small Bowl of  
Mixed fruit chaat



**80**  
Calories

## Lunch

2 Small Chapatti  
1 Small bowl  
Palak dal



**160**  
Calories



**150**  
Calories

## Evening Snack

1 Cup of  
Masala Chai  
2 Pieces of  
Dhokla



**40**  
Calories



**160**  
Calories

## Dinner

1 Small Bowl  
Vegetable khichdi  
1 Small Bowl  
Cucumber and  
Tomato Salad



**150**  
Calories



**100**  
Calories

# Weight Loss Plan Foldable Phone Compare

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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