

6 AM - 7 AM

Early In Morning When You Wake Up
Drink Warm Water or Green Tea (Empty Stomach)



BREAKFAST

7 AM - 8 AM

Oats Meals With Warm Milk
1 Bowl 40gm



11 AM - 12 PM

Apple & Orange
Or Any Seasonal Fruits



LUNCH

1 PM - 2 PM

Dal (1 Bowl) + 2 Roti With Salad
& 4 Eggs Or Paneer 100gm



4 PM - 5 PM

Coffee With Less Sugar
Or Green Tea



DINNER

8 PM - 9 PM

Veggie (Sabzi) + 2 Roti With Salad
& Chicken Or Paneer (100gm)



10 PM - 11 PM

Sleep At Least 6 To 8 Hours Daily



Weight Loss Plan Morning Routine Ideas

Ying Liu



Weight Loss Plan Morning Routine Ideas:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Morning Routine Ideas**

In some sort of inundated with displays and the cacophony of immediate interaction, the profound energy and psychological resonance of verbal art usually disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the musical pages of **Weight Loss Plan Morning Routine Ideas**, a charming function of literary beauty that impulses with fresh thoughts, lies an unique trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus manuals visitors on an emotional odyssey, delicately revealing the latent possible and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect its fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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