

# 1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Poha with vegetables & 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 poriyal, dal & curd	Roasted chana	Chapatis or rotis with vegetable korma & salad
WEDNESDAY	Regi Rava Dosa with mint chutney	Brown rice pulao with naans	Whole wheat bread with almond/peanut butter	Besan chilla with vegetables
THURSDAY	Vegetable Upma	Brown rice, sprouts curry, rasam & curd	Roasted Makhana or peanuts	Chapati or rotis with chana masala & green salad
FRIDAY	Brown rice idlis with coconut chutney	Dalbya khichdi with vegetables & curd	A handful of peanuts or walnuts	Rotis with a bowl of sprouts
SATURDAY	Broccoli & gobi paratha	Brown rice, stir-fry spinach, moong sprouts & curd	Banana or any other fresh seasonal fruit	Chapatis or rotis with low-fat paneer curry & salad
SUNDAY	Regi 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 Concert Tickets Review

**Tao Wei**

## Weight Loss Plan Concert Tickets Review:

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