

# 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.

# Weight Loss Plan Team Roster How To

**Ying Liu**



## **Weight Loss Plan Team Roster How To:**

## **Weight Loss Plan Team Roster How To** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Weight Loss Plan Team Roster How To**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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