

FULL DAY DIET PLAN FOR WEIGHT LOSS

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



Sleep Hacks Weight Loss Plan Best

Ying Liu



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