

## 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 Sugur**  
**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

**VM Jensen**

## **Weight Loss Plan Morning Routine Ideas:**

## Whispering the Secrets of Language: An Emotional Quest through **Weight Loss Plan Morning Routine Ideas**

In a digitally-driven earth where monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually move unheard. Yet, situated within the pages of **Weight Loss Plan Morning Routine Ideas** a interesting literary treasure pulsating with fresh feelings, lies an exceptional quest waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus invites readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the mental depths with this poignant review, we shall embark upon a honest exploration of the book is primary subjects, dissect their captivating writing model, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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