

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Poha with veggies & 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 poriyai, dal & curd 	Roasted chana 	Chapati or rotis with vegetable kurma & salad 
WEDNESDAY	Ragi Rava Dosa with mint chutney 	Brown rice pulao with raita 	Whole wheat bread with almond/peanut butter 	Besan chilla with vegetables 
THURSDAY	Vegetable Upma 	Brown rice, sprouts curry, rasam & curd 	Roasted Makhana or Foxnuts 	Chapati or rotis with chana masala & green salad 
FRIDAY	Brown rice idlis with coconut chutney 	Dalia khichdi with vegetables & curd 	A handful of peanuts or walnuts 	Roti with a bowl of sprouts 
SATURDAY	Broccoli & gobi paratha 	Brown rice, stir-fry spinach, moong sprouts & curd 	Banana or any other fresh seasonal fruit 	Chapati or rotis with low-fat paneer curry & salad 
SUNDAY	Ragi banana pancakes 	Quinoa fried rice with vegetables, cashews & sesame seed 	Baked vegetable cutlets or sweet potato tikkis 	Bajra, moong & peas khichdi 

For weight loss

Scholarships Weight Loss Plan Deal

Yan Bai



Scholarships Weight Loss Plan Deal:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Scholarships Weight Loss Plan Deal**

In some sort of inundated with displays and the cacophony of instant connection, the profound energy and emotional resonance of verbal artistry usually fade into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the musical pages of **Scholarships Weight Loss Plan Deal**, a fascinating perform of fictional brilliance that impulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that interesting opus manuals viewers on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is key subjects, dissect their captivating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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