

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

Weight Loss Plan Best

WJ Hussar



Weight Loss Plan Best:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Weight Loss Plan Best**

In some sort of inundated with displays and the cacophony of immediate connection, the profound energy and psychological resonance of verbal beauty usually fade in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the musical pages of **Weight Loss Plan Best**, a charming perform of fictional splendor that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that magical opus courses readers on an emotional odyssey, lightly exposing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is central themes, dissect their charming writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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