

# 1 week Diet plan

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

For weight loss

# Weight Loss Plan Discount Sign In

**JA Banks**



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