Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toosts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 beson chilia with corionder- mint chutney
Snack	Mixed nuts (opprox. 25g)	1 bowl of roasted makhana	1 apple	I bowl of carrot and cucumber sticks	1 bowl of out fruits and ½ glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (corret-caulifower- peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, ½ small bowl rice, 1 small bowl of saturi (okra), and 1 bowl of vegetable solad	1 bajra rati, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapeti, 1 small bowl of choic. 1/s small bowl rice and 1 bowl of vegetable raits	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts soled	5-7 soaked almonds
Dinner	1-2 chapatis. 1 small bowl of dall and 1 small bowl of sobzi (palak paneer)	1-2 chapatis. 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled law-fat paneer	1-2 chopatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barryard milet pulso with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, w	heatgrass juice, ash	gourd juice, green to	ea, lemonade or amk	i juice

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