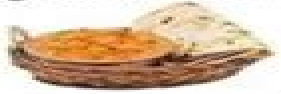
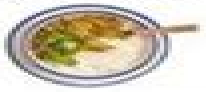
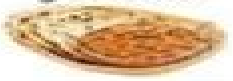
1 week Diet plan

	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 poriyal, dal & curd	Roasted chana	Chapatis or rotis with vegetable kurma & salad 
WEDNESDAY	Ragi Rava Dosai 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	Dalliya khichdi with vegetables & curd	A handful of peanuts or walnuts	Rotla with a bowl of sprouts
SATURDAY	Brocolli & gobi paratha	Brown rice, stir-fry spinach, moong sprouts & curd	Banana or any other fresh seasonal fruit	Chapatis 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

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