

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 raisins 	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 In The Us Tutorial

Padhraic Smyth



Weight Loss Plan In The Us Tutorial:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Weight Loss Plan In The Us Tutorial**

In a world inundated with monitors and the cacophony of instantaneous transmission, the profound power and mental resonance of verbal artistry often fade into obscurity, eclipsed by the regular assault of sound and distractions. Yet, set within the musical pages of **Weight Loss Plan In The Us Tutorial**, a fascinating work of literary brilliance that impulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that interesting opus courses visitors on a mental odyssey, delicately revealing the latent potential and profound affect stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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