

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 Today Store Hours

Puja Mehta



Weight Loss Plan Today Store Hours:

Whispering the Techniques of Language: An Psychological Quest through **Weight Loss Plan Today Store Hours**

In a digitally-driven world where screens reign supreme and quick transmission drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases often get unheard. Yet, set within the pages of **Weight Loss Plan Today Store Hours** a fascinating literary value sporting with organic thoughts, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the emotional depths with this emotional evaluation, we shall embark upon a honest exploration of the book is core themes, dissect its fascinating writing fashion, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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