

Day 1

Early Morning	Fresh lime water + 2 almonds	
Breakfast	Namkeen dalia with vegetables + Skim milk (1 glass, no sugar)	
Mid Morning	Sprouts with vegetables + 2 walnuts + 2 figs	
Lunch	Dal + Seasonal Veg+ Low Fat Curd + Salad (sprinkle lemon juice and salt over it) + Chappati	
30 Minutes Later	Green tea (without sugar) + handful dry roasted makhana	
Evening	A big bowl of papaya	
Dinner	Mix veg soup + Paneer (30 grams) or 2-3 egg whites + 1 big bowl of salad	
30 Minutes Later	Green tea (don't add sugar)	

Weight Loss Plan Near Me

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Weight Loss Plan Near Me:

Unveiling the Magic of Words: A Report on "**Weight Loss Plan Near Me**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Weight Loss Plan Near Me**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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