

# Day 1

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

# Weight Loss Plan Near Me

**N Noddings**



**Weight Loss Plan Near Me:**

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