

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 Top Store Hours

JA Banks



Weight Loss Plan Top Store Hours:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Top Store Hours**

In some sort of inundated with monitors and the cacophony of immediate transmission, the profound energy and emotional resonance of verbal artistry usually fade in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, situated within the musical pages of **Weight Loss Plan Top Store Hours**, a interesting perform of fictional beauty that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that enchanting opus instructions viewers on an emotional odyssey, delicately revealing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is main subjects, dissect their charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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