# Day 1

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

# **Weight Loss Plan Near Me**

Puja Mehta



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