

WEAKLY MEAL PLAN for Beginner

MEAL (भोजन)	Time (समय)	MON	TUE	WED	THU	FRI
BREAKFAST	7:00 to 7:30	Healthy Shake	Healthy Shake	Healthy Shake	Healthy Shake	Healthy Shake
SNACK	10:00 to 11:00	Fruits	Fruits	Fruits	Fruits	-
LUNCH	12:00 to 1:00 PM	Green Veg.	Green Veg.	Green Veg.	Green Veg.	Green Veg.
SNACK	04:00 to 5:00 PM	Salad	Dry Fruits	Salad	Dry Fruits	Salad/Fruits
DINNER	6:15 to 7:15 PM	Green Veg.	Green Veg.	Green Veg.	Green Veg.	Green Veg.

Note:- Meal plan may vary person by person.

SAT	SUN
Healthy Shake	Healthy Shake
-	Fruits
Green Veg.	Green Veg.
Dry Fruits/Fruits	Salad
Green Veg.	Green Veg.