

# WEIGHT

## LOSS PLAN

**Early morning:** Turmeric tea one cup

### **Breakfast:**

**2 days:** Muselli (2-3tbsp) + skimmed milk ( one cup)

**2 days:** Vegetable Poha ( one bowl)

**2 days:** fruit plate ( any available)

**1 day:** 2 Oats chilla + green chutney

**Mid-morning:** 1 fruit + 5 soaked almonds

### **Lunch:**

2 days: 1 wheat bran roti + 1 katori vegetable (any)

2 days: Chickpea salads + veggies added (one bowl)

2 day: Sauté soya chunks with vegetables (one bowl)

1 day: Dal khicdi (one bowl) + salads

**Evening:** 1 cup of skimmed milk

Or 1 cup tea + 2 digestive/marie biscuits

Or 1 cup roasted chana

Or 1 cup makhana

Or 1 glass of buttermilk

**Dinner:**

3 days: Saute mix vegetables ( any available)

2 days: vegetable soup ( one bowl)

2 days: 1 bowl sambhar/dal (thick) + 2

Moong dal dosa

