

WEEKLY DIET PLAN

DAYS	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Sauteed vegetables	1apple	2protein chilla+green chutney	Green tea+30gms seed mix	Sprouts salad
TUES	Veg. poha	1orange	100gms Sautéed panner+ broccoli	Roasted makhana	Egg bhurji+salad
WED	Sautéed vegetables	1 apple	1kala chana atta roti+any sabji+curd	Any seasonal fruit	1bowl gheeya chana dal
THUR S	Egg omellete	Guava	Soya bhurji+ salad	Green tea+30gms seed mix	Stir fried tofu salad
FRI	Veg. sandwich	1orange	Boiled Rajma salad	Roasted makhana	100gm mushroom panner salad
SAT	Greek yogurt with strawberry	Vegetable juice /apple	1kala chana atta roti+any sabji+curd	Any seasonal fruit	soya bhurji+salad
SUN	Sautéed vegetables	1pear	2protein chilla+green chutney	Green tea+30gms seed mix	Stir fried tofu salad

