

WEEKLY DIET PLAN

DAYS	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	1besan chilla+green tea or black tea with no sugar	1pear	Rajma cooked in no oil+half cup quinoa	Tea or 1apple	Tofu bhurji+ Broccoli
TUES	Oats in water with sunflower seeds	1orange	Masoor dal+ cucumber	4strawberries	Chickpea salad with sprouts
WED	Fruit smoothie with low fat greek yogurt	1green apple	Zucchini+1cup homemade yogurt/curd + cucumber	1orange	Brown dal with lettuce
THUR S	Green tea+avocado sandwich	1pear	Panner bhurji+ lettuce+ cucumber	4almonds	Palak panner+1channa atta roti+1cucumber
FRI	Oats in water with a fig	4strawberries	1bowl black eyed pea	Black tea or green tea	Tofu bhurji+1tomato
SAT	Mix fruit yogurt salad	Half grape fruit	1bowl nutri with brown rice	4 blueberries	Bhindi+half roti of ragi or black chana atta

SUN	1ragi roti stuffed with broccoli	1pear	Massor dal+salad of choice	Sunflower seeds	Chickpea salad with sprouts
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