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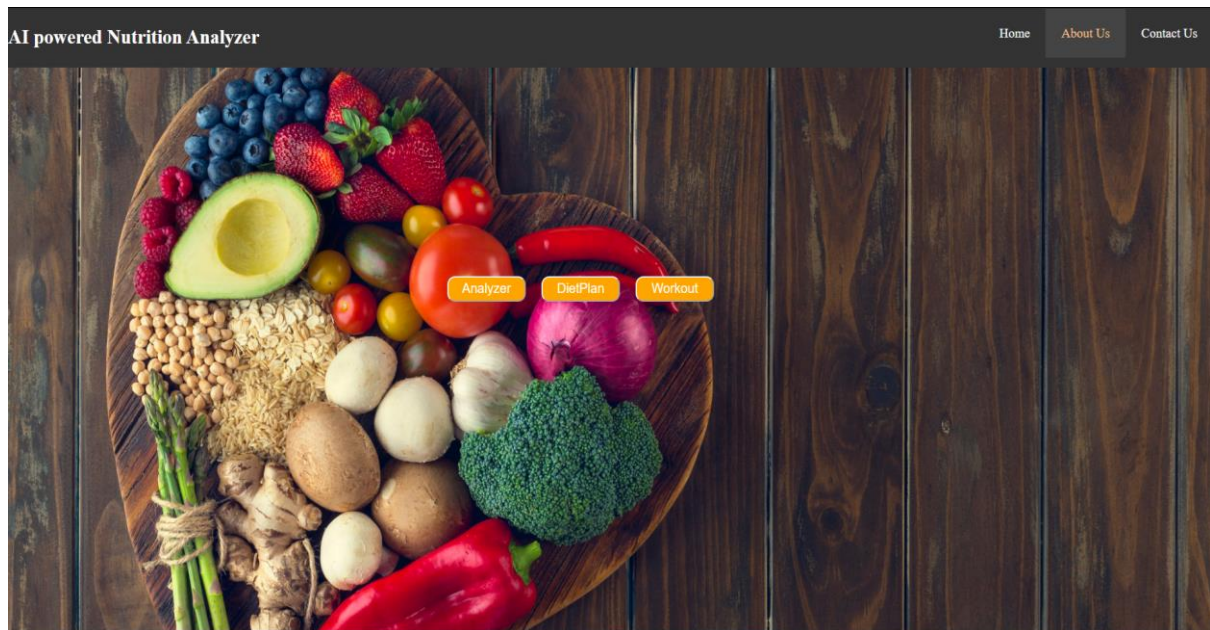
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DIET PLAN

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Follow this Diet plan to lose weight

Early Morning <ul style="list-style-type: none">• One fruit of choice + 3-4 mixed seeds• 10ml wheatgrass juice + 5 to 6 almonds and walnuts• 10ml Spiruline or green leafy veggie juice + 1 fruit of your choice• 10ml Amla juice + 3-4 wainuts and almonds mix	Breakfast <ul style="list-style-type: none">• Open panner sandwich with mint chutney• 2 idlis with sambhar• 1 bowl vegetable sprout poha with chutney• 3-4 dal paddu with sambhar• 2 medium dal paranthas + 1 bowl low-fat curd	Mid-Morning <ul style="list-style-type: none">• 4 walnuts and 2 dates• Fruit of your choice• 1 glass Whey protein shake with milk/assorted fruit platter• 1 fruit of your choice/fistful of Assorted nuts• 2 tbsp of trail mix• Amaranth seeds chikki• 3-4 dry fruits
Pre-Lunch <ul style="list-style-type: none">• 1 plate of preferred salad with vinegar dressing• 1 bowl minestrone soup with more veggies and less of pasta• 1 bowl sprout salad of choice• 1 bowl mixed veggies chunky soup• 1 bowl sprout salad• 1 bowl grilled chicken or fish salad	Lunch <ul style="list-style-type: none">• 2 multigrain roti• 1 Katori red or brown rice + 1 Dal + Veg• 2 multigrain roti + 1 bowl vegetable subji• non-veg subji + 1 bowl boiled pulse chaat• 2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick da• 1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai	Snack <ul style="list-style-type: none">• 1 glass whey protein drink + Hummus with veggies• 2 multigrain flour khakras• 1 fruit of your choice + 1 cup green tea• Til or peanut chikki with 1 cup spirulina and mixed veggie juice.• 1 cup spiced boiled corn or 1 corn on the cob + 1 cup coffee, tea or green tea
Dinner <ul style="list-style-type: none">• 1 bowl chicken gravy + 2 multigrain rotis + salad + 1 bowl low-fat curd• 1 veg paratha + Raitha	Post-dinner <ul style="list-style-type: none">• 4-5 pieces of nuts/1 glass warm low-fat milkB• 1 glass of whey protein shake if missed during snack	

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