

Your Diet Plan!!!

breakfastchart

breakfast grains

- Rolled Oatss
- White Sorghums

fruits

- Apricot

Vegetables

- Garlic

lunchchart

grains

- White Sorghum
- Jasmine Rice

indian bread

- Paratha

Vegetables

- Garlic

snackschart

snadwich

- Masala Toast Sandwich

dinnerchart

grains

- Rye Bread