



# Vegetarian weight loss diet plan :

**Early morning-** *Luke warm water -1 glass*

**Breakfast-** Steamed sprout *chaat* (1 bowl with cucumber+ tomato + onion + lemon juice + *sendha* salt)

**Mid-morning-** Soaked almonds (5-6) + green tea (1 cup)

**Lunch-** 2 Chapatis (*atta*) + Bean veg (1 *bowl*) + Veg *raita* (1 cup) + salad

**Tea time-** Tea (1 cup with stevia) + Roasted *makhana* (1 /2 cup)

**Pre-dinner-** Veg soup (1 bowl with 1 tsp flax seeds - grounded)

**Dinner-** Chapati (1-2) + *lauki* (1 *katori*) + salad