



Non-Vegetarian weight loss diet plan :

Early morning – *Tulsi tea / Lemon water (1 cup / glass)*

Breakfast – *Brown bread sandwich + 2 eggs*

Lunch – *Chapatti (2 pieces) + Seasonal veg + Chicken / Fish
curry (1 bowl) + Raita (1 bowl) + Salad*

Evening Snacks – *Green tea + biscuits*

Dinner – *Boiled chicken / Roasted chicken + Chapattis + mixed
salad*

Bed time – *Toned milk (1 cup)*