

FAT LOSS DIET PLAN

- *After Wake-Up : 1 Glass of Warm Water*
- *Breakfast :*
 - *Mon-Tue : 1 Handful of Desi Chana + 1 Banana*
 - *Wed-Thu : Moong Sprouts + Dry Fruit (4 Almonds + 4 Cashews + 4 Pistachios + 1 Walnut)*
 - *Fri-Sat-Sun : Oats or 1 Handful of Peanuts with Chana or Peanut Salad*
- *Lunch & Dinner :*
 - *2-3 Chapatis + Regular Homemade Sabzi + Vegetable Salad*
 - *2-3 Chapatis + Homemade Dal or Homemade Sprouts + Vegetable Salad*
 - *1 Small Bowl Rice + Homemade Dal +Vegetable Salad*
- *Snacks :*
 - *Boiled Eggs(if Non Vegetarian) or 1 Cheese Cube*

➤ *1 N Any Seasonal Fruit*

➤ *1 Handful of Beans(Chana or Peanuts or Roasted Moong)*

● *Before Sleep :*

➤ *Have 2 Glasses of Regular Water*

● *Important Instructions :*

➤ *Try to avoid Junk Food,Oily and Processed Foods.*

➤ *Minimize your Sugar Intake,Try to avoid Sugary foods if possible.*

➤ *Drink 3-4 L Water daily.*

➤ *Whenever feels more hungry,have a cup of Black Coffee.*

➤ *Never Give Up.*