

# Meal Planner (Fat Loss)

## Breakfast

1 small Cup of Oats or Museli  
1 glass of Milk  
1 Apple or Banana

## Notes

- Avoid Fries
- Avoid Sweets
- Drink 10-15 Glasses of Water

## Lunch

100gm Paneer with Brown Rice + veg salad or Dal with 2 Chapatties + 1 cup curd(optional)

## Before Bed

Lemmon Tea

## Mid Meal

Veg Salad + Green Tea + 1 cup Dry Fruits

## Mid Meal

Fruit Salad or Fruit Juice

## Dinner

Veg Soup or any Dal  
100 gm Panner  
Veg Salad

