

Vegan weight loss diet

Warm water after wakeup

09:00 AM

- soaked almonds , pista , dry grapes, walnuts

09:15 AM

- 1 glass of soy milk, samolina(rava) items (dosa,idli,halwa) etc

11:30 AM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

01:00 PM

- indian bread (multigrain,if possible), all types(Veg) of sabzi(gravy's with vegetables), 2 fresh salad items(inc carrots, cucumber, carrot, beet (if possible uncutted)), bowl of dal

03:30 PM

- fruits. inc 1 (apple,muskmelon,papaya, banana)

05:30 PM

- 1 glass of soy milk

!!eat raw tofu, seitan, moong, sprouts, after workout!!

*NO DINNER AT NIGHT IF POSSIBLE)
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*if feel hungry at night - dryfruits(soaked almonds , pista , dry
grapes, walnuts), or soup*