

Hello Prerna,

Welcome to your 2 day beginner workout and Indian vegetarian diet plan. This plan is designed to help you reach your goal of losing weight. Let's get started!

Day 1:

Breakfast: Upma with a side of fruits

Snack: Roasted chana

Lunch: Vegetable pulao with a side of curd

Snack: Sprouts chaat

Dinner: Vegetable biryani

Workout:

- Warm up: 5 minutes of light jogging
- Cardio: 30 minutes of brisk walking
- Strength training: 10 minutes of bodyweight exercises such as squats, lunges, push-ups, and planks
- Cool down: 5 minutes of stretching

Day 2:

Breakfast: Poha with a side of fruits

Snack: Roasted peanuts

Lunch: Vegetable khichdi with a side of curd

Snack: Fruit smoothie

Dinner: Vegetable soup

Workout:

- Warm up: 5 minutes of light jogging
- Cardio: 30 minutes of brisk walking
- Strength training: 10 minutes of bodyweight exercises such as squats, lunges, push-ups, and planks
- Cool down: 5 minutes of stretching

Remember to stay hydrated throughout the day and get plenty of rest. If you have any questions or need any help, please don't hesitate to reach out. Good luck!