

***** DIET PLAN *****

Weight Loss

BREAKFAST

1. Oats
2. Soya
3. Lettuce

LUNCH

1. Mushroom
2. Chickpeas
3. Spinach
4. Paneer
5. Chicken

DINNER

1. Rice
 2. Lentils
 3. Veggie Salad
 4. Probiotic Drinks
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