

1200 CALORIE INDIAN DIET PLAN

DAY	 Early Morning	 Breakfast	 Mid Morning Snack	 Lunch	 Evening Snack	 Dinner
DAY-1	Lemon & Ginger Water (200ml)	2 Idli Samba (100g)	1 Apple	Brown Rice (100g) Green Leafy Dal (100g) Veg Curry (100g) Veg Salad (100g)	Roasted Peanuts (50g)	2 Ragi Dosa Peanut Chutney (5 tbsp)
DAY-2	Ash Gourd Juice (250ml)	Tofu Upma with Vegetables (100g)	1 Guava	Quinoa Mushroom Pulo (100g) Yogurt & Cucumber (100g) 1 Boiled Egg	1 Boiled Corn	2 Wheat Chapatti Horse Gram Curry (100g) Veg Salad (75g)
DAY-3	Lemon & Black Cumin Seed Water (200ml)	2 Pesarattu Ginger Chutney (5 tbsp)	10 Almonds Tender Coconut Water (200ml)	Brown Rice (100g) Veg Sabzi (100g) Veg Salad (100g)	Greek Yogurt with Strawberries (50g)	2 Wheat Roti Palak Paneer with Seeded Vegetables (100g)
DAY-4	Pumpkin Juice (250ml)	2 Veg Uttapam Tomato Chutney (5 tbsp) 2 Egg Whites	1 Orange	Broken Wheat Upma (75g) Yogurt (5 tbsp) Veg Salad (100g)	Pea Protein Isolate (1 scoop) with Water	Grilled/Steamed Chicken (100g) Stir-Fry Vegetables (100g)
DAY-5	Carom & Fennel Seed Water (200ml)	2 Brown Bread Sandwiches 1.5 tbsp Unsweetened Peanut Butter	Watermelon (100g)	Brown Rice (100g) Chicken Curry (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-6	Apple Cider Vinegar (10ml) with Water (100ml)	Oats with Berries & Nuts (75g)	Buttermilk with Chia Seeds (250ml)	Miller Pongal (100g) Samba with Vegetables (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-7	Cumin Seed & Cinnamon Water (200ml)	Poha with Tofu & Vegetables (100g)	Papaya (100g)	2 Jowar Roti Fish Curry (100g) Veg Salad (100g)	8 Walnuts Black Coffee (100ml)	Cabbage Soup (300ml) Sauteed Paneer with Vegetables (100g)

Icloud Weight Loss Plan 2025

Elizabeth Lay, Nathan Pritikin



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The 3-apple-a-day Plan Tammi Flynn, Jeanne Drury, 2005 Presents a plan for permanent weight loss that uses the pectin in apples to promote weight loss and includes exercise guidelines meal plans and more than one hundred recipes **THE RICE DIET REPORT** Judy Moscovitz, 1986 **Thinning from the Inside Out** Elizabeth Lay, Nathan Pritikin, 1986

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Icloud Weight Loss Plan 2025**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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