

# 7-Day Vegetarian Diet Plan For Weight Loss

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <b>MAKING UP</b>	Apple cider Vinegar (2tbsp) + Flax seeds (1tbsp)	Tulsi Dragee (1tbsp) + Walnuts (3 nos.)	Ginger and Tulsi Tea (1 Cup) + mixed seeds (1tbsp)	Lemon Ginger tea (1 cup) + Almonds (5 nos.)	Apple cider Vinegar (2tbsp) + Mixed nuts (5 nos.)	Ginger Tea with Honey (1 Cup) + 2 Walnuts	Lemon Honey Tea (1 cup) + pumpkin seeds (1tbsp)
 <b>BREAKFAST</b>	Red Pulses with Veggies (1 Bowl) + Bottled ground Juice (1 glass) + Sprouts (3tbsp)	Brown rice idli (3 nos.) + Sambar	Oats with Milk (1bowl) + Fruit (1 nos.) + moong sprouts raw (3tbsp)	Mixed Veg Brown Bread Sandwich (2slices) + Cucumber carrot juice (1 glass) + sprouts (3tbsp)	Chole paratha (1 nos.) + Chutney (3 tbs) + Spinach Cucumber mint juice (1 glass)	Besan Chilla with Veggies stuffed + Chutney (3tbsp)	Brown rice Dosa (2 nos.) + sambar (1 bowl)
 <b>MID MORNING</b>	Mint Jemma buttermilk (1 glass)	Fruit bowl	Blanched vegetable juice (1 glass)	Tender coconut water (1 glass)	Watermelon (1 bowl)	Nutty fruit Salad (1 bowl)	Ragi Buttermilk Porridge (1bowl)
 <b>LUNCH</b>	Brown Rice (1 bowl) + Kusumbar (1 bowl) + Dal + Veg Curry (1 cup)	Whole wheat Phulka (2 nos.) + Chole curry (1 bowl) + Mixed pepper corn salad (1 bowl)	Stuffed multigrain paratha (2nos.) + Cucumber Raita (1Katori)	Rice (1 bowl) + dal (1 bowl) + Tomato Garlic Rasam (1bowl)	Multigrain roti (2nos.) + Lentil dal (1 bowl) + Buttermilk (1 glass)	Millet Roti (2 nos.) + Lentil dal curry (1 bowl) + Tomato pepper rasam (1 bowl)	Moong Dal Khichdi (1bowl) + Cucumber Raita (1 Katori)
 <b>EVENING SNACK</b>	Green Tea (1 cup) + Roasted Makhana (3tbsp)	Tea without Sugar (3tbsp) + Chana Sondal (3tbsp)	Lime juice (Salty) (1 glass) + Grated coconut Thakk (50 gm)	Herbal tea (1 Cup) + Roasted Idli (50 gm)	Boiled peanuts (50gm) + Green tea (1 Cup)	Green Tea (1 Cup) + Bhajia (3 tbsp)	Ginger tea (1 Cup) + Boiled Green peas Chana (3tbsp)
 <b>DINNER</b>	Whole wheat Phulka (2 nos.) + Veg curry (1 bowl) + Pumpkin Lentil Soup (1 bowl)	Pumpkin Dal Soup with Oats (1 bowl) + Sautéed coloured Pepper (1 Bowl)	Whole Wheat Phulka (1bowl) + capsicum curry (1 bowl) + Dal garlic soup (1 bowl)	Boiled Sweet Potato Chana (1 bowl) + Mushroom soup (1 bowl)	Broken wheat Khichdi (1bowl) + Chutney (3 tbs)	Panner wrap (1 nos.) + Sautéed Mixed Vegetable Salad (1 bowl)	Jowar Phulka (2nos.) + Green peas curry (1 bowl) + Moringa leaves tomato soup (1 bowl)
 <b>BED TIME</b>	Turmeric Milk	Triphala tablet (1 nos.)	Cinnamon Milk	Turmeric Pepper Milk	Triphala tablet (1 nos.)	Cinnamon water	Pepper milk

## Weight Loss Plan Last 90 Days Returns

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In a global inundated with screens and the cacophony of immediate interaction, the profound power and mental resonance of verbal art often diminish into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the lyrical pages of **Weight Loss Plan Last 90 Days Returns**, a interesting function of fictional brilliance that pulses with raw emotions, lies an wonderful journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this exciting opus courses visitors on a mental odyssey, lightly revealing the latent possible and profound affect stuck within the delicate internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect its charming writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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