

7-Day Vegetarian Diet Plan For Weight Loss

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 MAKING UP	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)
 BREAKFAST	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)
 MID MORNING	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)
 LUNCH	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)
 EVENING SNACK	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)
 DINNER	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)	Panzer wrap (1 nos.) + Sautéed Mixed Vegetable Salad (1 bowl)	Jowar Phulka (2nos.) + Green peas curry (1 bowl) + Moringa leaves tomato soup (1 bowl)
 BED TIME	Turmeric Milk	Triphala tablet (1 nos.)	Cinnamon Milk	Turmeric Pepper Milk	Triphala tablet (1 nos.)	Cinnamon water	Pepper milk

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Mary Carr

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Claimed by the Undead C.L. Carhart, 2025-05-20 Enter the Teutonic Fantasy Realm in this slow burn first in series dark romantic fantasy saga featuring a witch of light and her sinister muse One novice witch One cursed sorcerer A slow burn romantasy series drenched in darkness Helena For a lifetime I believed myself peculiar someone discontent with the Alpine village I call home A loveless marriage and tedium awaited me until an encounter with a cursed sorcerer awakened me to a realm of magic I m a Teuton witch of light The only witch in my village The only witch who caught the attention of the reclusive priest inhabiting a fortress atop a snowcapped mountain The only witch to view him as a human soul not a wicked vampire damned to hell When he returns to me I ll join him without question Even if my family disapproves Even if it means leaving home forever Konstantin After falling under the filial curse my demon lord set me loose upon the earth with a single stipulation Just one rule Don t succumb to love s cruel sway No problem at all Or so I thought I never expected to cross paths with a defiant witch who challenged my grim fate Or to concoct an elaborate lie about her to protect us both from infernal punishment And from the wrath of my ruthless peer *Claimed by the Undead* is a slow burn dark romantic fantasy featuring star crossed lovers a dangerous hero and a sassy heroine who refuses to accept his dismal fate It is Book 1 in the *This Earthen Cage* saga and ends on a cliffhanger It includes strong language graphic violence death and mature themes

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and ends on a cliffhanger It includes strong language graphic violence torture death and mature themes This Earthen Cage Series Claimed by the Undead Hunted by the Undead Pledged to the Undead Fans of the following authors will enjoy reading these deliciously dark romantic fantasy stories Sarah J Maas Holly Black Stephanie Meyer L J Smith Deborah Harkness Leigh Bardugo Laura Thalassa Elise Kova Richelle Mead Robert Jordan Cassandra Clare Raven Kennedy Kim Harrison Scarlett St Clair Nalini Singh Sherrilyn Kenyon Laura Greenwood Liza Street Lisa Blackwood Demelza Carlton Skye MacKinnon

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addition to rapid weight reduction the diet removes alcohol and sugar products which when taken in bulk have clear links to chronic diseases This book covers Introducing The Rapid Weight Loss Plan What Is The Rapid Weight Loss Plan How Does It Work What You Can and Cannot Eat Tasty Recipes for your family And much more Buy it NOW and let your customers get addicted to this amazing book [The Gary Brecka Diet](#) James Everett Cole,2025-08-31 Are you tired of fad diets that don t last and leave you feeling worse instead of better If you re struggling to lose weight boost your energy and achieve lasting health this proven diet plan is for you Imagine waking up each day feeling more energized lighter and healthier than ever without sacrificing the foods you love The Gary Brecka Diet offers a clear science backed step by step guide to longevity sustainable weight loss and peak health so you can transform your body and feel your best every day Whether you re new to health focused eating or looking to elevate your current lifestyle this book will show you how The Gary Brecka Diet is a science based plan focusing on nutrient dense foods balanced macronutrients and genetic insights to optimize health energy and longevity It promotes better sleep stress management and sustainable wellness through supplements meal planning and progress tracking Grounded in science and personal success the Gary Brecka Diet isn t just another quick fix it s a way of life that anyone can follow no matter their background or dietary experience With 200 practical recipes and easy to follow meal plans you ll be empowered to take control of your health one delicious meal at a time Inside the book you ll find What The Gary Brecka Diet Is Scientific Explanation on How it works Practical Step by step Blueprint to master the Gary Brecka diet for longevity weight shred and vitality 200 Nutrient Dense Recipes Enjoy delicious breakfasts lunches dinners snacks and even desserts that support weight loss and peak health Customizable Meal Plans From a 7 day starter plan to a 30 day meal plan for weight loss longevity tailor your meals to fit your personal health goals and lifestyle Shopping Guides Lists No more guesswork everything you need to make your meal prep easier and more efficient Practical Tips Guidance Clear actionable advice on how to follow the plan and see real results Easy to Follow Steps Step by step instructions for every recipe and meal plan making healthy eating simple and achievable This book is unique because it offers sustainable solutions backed by real science not just another set of rules to follow It s a holistic approach that focuses on optimizing your health physically mentally and emotionally through the power of food Worried it s too hard to follow or won t fit your lifestyle The Gary Brecka Diet has been designed for anyone to follow with flexible options for busy schedules and a variety of tastes Plus every recipe is made with easy to find ingredients so you won t be hunting for obscure items No drastic changes no extreme restrictions just a way to eat better and feel better without feeling overwhelmed Are you ready to finally experience true health sustainable weight loss and a life of peak energy With the Gary Brecka Diet you ll be supported every step of the way Let s start your transformation journey together Get your copy today and unlock the secrets to a longer healthier and happier life

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