

Meal Plan		Days					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Early Morning	1 glass plain water with presoaked almonds	Warm water, Apple Cider Vinegar Lemon and honey	One Glass warm water with lemon and honey	1 glass plain water with presoaked almonds	Warm water, Apple Cider Vinegar Lemon and honey	One Glass warm water with lemon and honey	
Breakfast	Vegetable Dhaliya with 1 cup skimmed milk.	Stuffed Roti with Skimmed curd.	4 IDLI with Green Chutney and Half cup Skimmed Milk.	Vegetable Poha with Skimmed milk.	Vegetable Dhaliya and skimmed milk 1 Cup	Vegetable Rava Upma, 1 cup Skimmed milk	
Mid Morning	Seasonal Fruit	Sweet Lime	1 Pear	Apple or Seasonal Fruit	Seasonal fruits	Watermelon	
Lunch	Lunch of choice (As less oil as possible)	Moong Matki Sabzi with Lemon, Low fat dal, Rice and skimmed curd.	1 cup Cucumber Salad Vegetable brown rice pulao 1 cup Low fat Paneer curry and Little bit Raitha	Mix vegetable Salad, Vegetable Khichdi, Skimmed Curd and Broccoli Sabji.	Cauliflower Sabji, Skimmed curd, Brown rice and plain Dal	Cucumber salad, Vegetable brown rice pulao, Soy bean curry and Raitha.	
Evening	Flavoured green tea. Can consume Bhel or Nuts for snacks.	Green Tea with Low fat Biscuits, preferably Oats biscuits	Green Tea With biscuits/Nuts	Half cup boiled Peanuts and Green Tea.	Flavoured Green Tea, Puffed rice and nuts.	Green Tea and Boiled peanuts	
Late Evening	Vegetable Juice 200 ML	Vegetable Juice 200 ML	Vegetable Juice 200 ML	Vegetable Juice 200 ML	Vegetable Juice 200 ML	Vegetable Juice 200 ML	
Dinner	Green salad about a cup 4-5 Zero Oil chapati/Phulka Lauki sabji.	1 Cup Green salad 3 -5 dry bajra/Jowar rotti Brinjal sabji.	Carrot Soup, Raddish Tomato Salad. Brinjal Sabji, Lotus stem curry with 6 dry Multigrain Phulka.	Cucumber, Tomato & Capsicum salad 3-6 Multigrain Phulka Tinda sabji- One plain vegetable soup.	Bottle gourd sabji, Green Salad, Phulka 3 - pcs and Carrot soup.	Carrot capsicum salad, 3-6 Phulka, Bottle gourd sabji Corn and celery soup- 1cup	

Sunday
1 glass plain water with presoaked almonds
Vegetable Oats Upma and 1 cup skimmed milk
Pomegranate
Sprouts with lemon, Rice, Raw jack fruit curry Skimmed curd.
Green Tea and Veg Roll (Very less oil)
Vegetable Juice 200 ML
Radish, cucumber, Carrot and tomato salad 3-6 Phulka/chapati Ladies finger sabji

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