

7 Din Ka Special Weight Loss Diet Plan

Day 1

Subah: Oats + fruit

Lunch: Daliya + sabzi

Dinner: Soup + salad

Day 2

Subah: Fruits bowl

Lunch: Moong daal + roti

Dinner: Boiled vegetables

Day 3

Subah: Warm lemon water + banana

Lunch: Khichdi

Dinner: Soup + green tea

Day 4

Subah: Boiled eggs + fruit

Lunch: Brown rice + dal

Dinner: Salad + green tea

Day 5

Subah: Daliya + milk

Lunch: Vegetable pulao

Dinner: Soup + roti

Day 6

Subah: Sprouts + fruits

Lunch: Light curry + roti

Dinner: Steamed veggies

7 Din Ka Special Weight Loss Diet Plan

Day 7

Subah: Green tea + banana

Lunch: Mix veg + quinoa

Dinner: Light salad