



GUJARATI DIET PLAN FOR WEIGHT LOSS



<p>Early Morning</p>	<p>An excellent way to begin your day is with a cup of green tea and 10 almonds soaked overnight.</p>	<ul style="list-style-type: none"> •Green tea 2 •Almonds 78
<p>Break Fast</p>	<p>For breakfast, eat two methi theplas with a bowl of curd and little chutney. This will keep you full for quite some time.</p>	<ul style="list-style-type: none"> •Theplas 62 •Curd 90 •Chutney 10
<p>Between Lunch And Dinner</p>	<p>Eating raw fruits is very essential for good health. Have one bowl of seasonal fruits between your breakfast and lunch.</p>	<ul style="list-style-type: none"> •Fruits 80-100
<p>Lunch</p>	<p>Lunch can be a proper Gujarati meal that is healthy yet tasty. Eat one katori of Gujarati dal and lauki sabzi with one or two chapattis and a bowl of salad.</p>	<ul style="list-style-type: none"> •Gujarati dal 250 •Lauki sabzi 40 •Salad 30 Roti 85
<p>Evening Snacks</p>	<p>If you are a tea person, have a cup of it in the evening along with two digestive biscuits.</p> <p>Or</p> <p>You can also opt for a piece of dhokla in the evening.</p>	<ul style="list-style-type: none"> • Tea 80 • Biscuits 44 • Dhokla 84
<p>Dinner</p>	<p>Make your dinner healthy by eating mooli muthia and a bowl of soup. Avoid eating rotis or rice for dinner.</p>	<ul style="list-style-type: none"> • Mooli muthia 200 • Soup 40
<p>Bed Time</p>	<p>It is recommended to have a cup of milk before bedtime as it will induce sleep and is healthy too.</p>	<ul style="list-style-type: none"> • Milk 120



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