



DIETARY GUIDELINES (NON-VEGETARIAN MEAL PLAN)

Fitness with Nidhi

Day 1

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| EGG WHITE OMELETTE WITH WHOLE WHEAT TOAST | 1 FRUIT OF CHOICE | GRILLED CHICKEN SALAD | OATS SOUP | CHICKEN VEGGIE RICE |
|  |  |  |  |  |

Day 2

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| OVERNIGHT OATS | GREEK YOGURT WITH BLUEBERRIES | VEGGIE SPROUTS RICE | CARROT STICK AND HUMMUS | SOUP AND GRILLED PANEER |
|  |  |  |  |  |

Day 3

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| DALIYA | PISTACHIOS | CHINESE FRIED QUINOA | SATTU DRINK | GRILLED CHICKEN AND BROCCOLI |
|  |  |  |  |  |

Day 4

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| POHA | APPLE AND PEANUT BUTTER | STEAMED CHICKEN BALLS | GREEK YOGURT AND ALMONDS | EGG CHICKEN WRAP |
|  |  |  |  |  |

Day 5

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| PANEER SANDWICH | COCONUT WATER | RICE WITH FISH CURRY | MAKAHNA PANEER CHAAT | STEAMED FISH |
|  |  |  |  |  |

Day 6

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--|---|---|---|---|
| MIXED BEAN SALAD | VEGETABLE JUICE | VEGGIE DAL KHICHO | POTATO SPINACH OMELETTE | CHICKEN BREAST BROWN RICE AND MIXED VEGGIES |
|  |  |  |  |  |

Day 7

| BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|---|---|--|---|---|
| BANANA PEANUT BUTTER SMOOTHIE | BUTTERMILK | SAMBAR RICE | EGG AVOCADO TOAST | CHICKEN AND AIR FRY VEGGIES |
|  |  |  |  |  |

Weight Loss Plan In The Us Same Day Delivery

RS Peters



Weight Loss Plan In The Us Same Day Delivery:

Decoding **Weight Loss Plan In The Us Same Day Delivery**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss Plan In The Us Same Day Delivery**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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