



Female Weight Loss Diet

Meal 1

5 Almonds soaked + Elaichi water



Meal 2

Poha Cutlet / Rice Pancake / Brown Rice Dosa



Meal 3

Green Coffee / Mint Coriander Infusion Water



Meal 4

Chana Dal Pulao / Bissi Billi Bhat / Brown Rice Cutlets



Meal 5

1 Cup Green Tea + Seed Mixture (Pumpkin , Sunflower, Sesame And Flax Seeds)



Meal 6

Any Fruit Except Mango, Banana, Chikkoo, Grapes



Meal 7

Garlic Sauteed Veggies, Bhel Puri, Pumpkin Soup



Meal 8

Chamomile Tea / 1 Cup Hot Water



Good Weight Loss S For Women

Jolanta Weaver



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