



# 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**



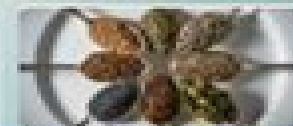
**Meal 4**

**Chana Dal Pulao / Bissi Billi Bhat / Brown Rice Cutlets**



**Meal 5**

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



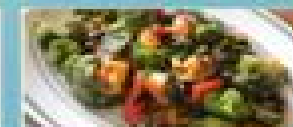
**Meal 6**

**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

**Michael Rajnik**



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