

FREE FAT LOSS PLAN



Consultant: Dietitian Ifrah

Calories: 1200-1400 kcal

Pre-breakfast	<ul style="list-style-type: none">● 1 tbsp lukewarm water + 1 tbsp soaked chia seeds +1 tbsp lemon juice
Breakfast	<ul style="list-style-type: none">● 2 slices bran bread● 2 egg whites (omelet/ boiled)● 6-7 almonds/ 2 walnuts● ½ cup Greek yogurt
Snack	<ul style="list-style-type: none">● Any 2 seasonal fruits
Lunch	<ul style="list-style-type: none">● 6-inch tortilla/ 6-7 tbsp rice● ½ cup any gravy (meat/ vegetable)● 1 cup raw salad● ½ cup mint yogurt
Snack	<ul style="list-style-type: none">● 1 cup green tea● 2 whole wheat crackers/ 1 cup popcorn
Dinner	<ul style="list-style-type: none">● 200 gm chicken (steamed/ grilled/ baked)● grilled vegetables 1 cup● ½ cup yogurt
Bed Time	<ul style="list-style-type: none">● 1 tbsp ispaghol husk in 1 glass water

***"BELIEVE YOU CAN AND YOU'RE
HALFWAY THERE."***

- - Theodore Roosevelt