

# 1000 Calorie Diet Plan

## Breakfast

1 Cup of vegetable poha  
1 Cup (200ml) of Low-fat milk



**150**  
Calories



**60**  
Calories

## Mid Morning Snack

1 Small Bowl of Mixed fruit chaat



**80**  
Calories

## Lunch

2 Small Chapatti  
1 Small bowl Palak dal



**160**  
Calories



**150**  
Calories

## Evening Snack

1 Cup of Masala Chai  
2 Pieces of Dhokla



**40**  
Calories



**160**  
Calories

## Dinner

1 Small Bowl Vegetable khichdi  
1 Small Bowl Cucumber and Tomato Salad



**150**  
Calories



**100**  
Calories

# The Amazing 600 Calorie Models Diet

**L Cohen**



## **The Amazing 600 Calorie Models Diet:**

Immerse yourself in the artistry of words with is expressive creation, **The Amazing 600 Calorie Models Diet** . This ebook, presented in a PDF format ( Download in PDF: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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