

Days	Breakfast	Lunch	Snacks	Dinner
Day 1	Spinach Moong Dal Cheela with Protein Shake + Papaya	Multigrain Roti along with Fish Curry and Greek Salad	Pineapple	Multigrain Roti & Mushroom Matar Paneer Curry, Tofu Vegetable Salad
Day 2	Overnight oats berries breakfast bowl + 1 Seasonal Fruit	Brown rice, Lauki Chana Dal, Anda Curry, and Chana Salad	Dry fruits & seeds	Quinoa vegetable Khichdi, shahi paneer, vegetable salad
Day 3	Scrambled egg spread on toast, Protein Shake	Grilled Chicken with White Bean & Tomato Salad	Vegetable sticks	Broiled Fish, Brown rice, Mixed Green Salad
Day 4	Almond/soy milk + avocado toast	Lean chicken burger with lettuce, tomato & beans	Bananas	Palak paneer, multigrain roti, Lauki raita, mango salad
Day 5	Boiled egg with steamed vegetables	Lemon gravy chicken, brown rice, Greek yoghurt	Hard-boiled egg & carrot sticks	Tofu curry, whole wheat roti, sprouts salad
Day 6	Raw paneer patty sandwich in whole grain bread, fruits	Whole wheat chicken pasta white beans and green salad	Vegetable sticks	Stuffed baked mushroom, green salad, multi-grain toast
Day 7	Apple peanut butter smoothie with whey protein	Multigrain chapati, egg bhurji, cucumber raita, sauteed vegetable	Apple slices with nut butter	Multigrain millet vegetable khichdi, curd, Greek salad

# The Bad Back Diet A Commonsense Program Of Diet Exercise

**L Cohen**



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