

Your 30-Day Weight Loss Plan!

by caloriekit.app

Lose 10 KG in a Month

Breakfast

Oatmeal with fruits



2 boiled eggs or Greek yogurt



Lunch

Grilled chicken/Tofu with veggies



1 whole grain wrap or quinoa



For an afternoon snack, enjoy some fresh carrot or celery sticks paired with a refreshing cup of green tea. These low-calorie, fiber-rich options help keep you full until dinner while providing essential vitamins and minerals. Plus, the green tea boosts metabolism and aids in digestion.

Dinner

Vegetable soup or salad



Grilled salmon/paneer



Stay hydrated, avoid sugary drinks, and limit salt intake. Consistency is key!