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Indian diet plan consists of foods such as dals, salads, and curries made using vegetables and pulses. Most of these recipes do not use calorie-rich ingredients like cheese or cream, unlike Western cuisines. 4. Satiating flavors. Most Indian foods are filled with distinct flavour and spice that can easily satiate your taste buds.

Indian Diet Plan for Weight Loss | 4 Weeks Diet Plan for 2020

Monday Breakfast: Sambar with brown rice idli Lunch: Whole-grain roti with mixed-vegetable curry Dinner: Tofu curry with mixed vegetables and a fresh spinach salad

The Best Indian Diet Plan for Weight Loss

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The Great Indian Diet: Busting the big FAT MYTH by Shilpa ...

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The Great Indian Diet: Busting the big FAT MYTH. Shilpa Shetty Kundra, Luke Coutinho. Random House India, Nov 24, 2015 - Health & Fitness - 216 pages. 3 Reviews. Why run after the West when we already have the best? Join Shilpa Shetty Kundra and Luke Coutinho as they tell you just how nutritious your locally grown and sourced ingredients are ...

The Great Indian Diet: Busting the big FAT MYTH - Shilpa ...

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