

# 1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<p>Poha with veggies &amp; a glass of fresh orange juice</p> 	<p>Brown rice, rasam &amp; cabbage stir-fry</p> 	<p>Low-glycemic fruits</p> 	<p>Wheat dosa with roasted chana dal chutney</p> 
TUESDAY	<p>Vegetable oats or dalia</p> 	<p>Brown rice, beetroot poriyai, dal &amp; curd</p> 	<p>Roasted chana</p> 	<p>Chapati or rotis with vegetable kurma &amp; salad</p> 
WEDNESDAY	<p>Ragi Rava Dosa with mint chutney</p> 	<p>Brown rice pulao with raita</p> 	<p>Whole wheat bread with almond/peanut butter</p> 	<p>Besan chilla with vegetables</p> 
THURSDAY	<p>Vegetable Upma</p> 	<p>Brown rice, sprouts curry, rasam &amp; curd</p> 	<p>Roasted Makhana or Foxnuts</p> 	<p>Chapati or rotis with chana masala &amp; green salad</p> 
FRIDAY	<p>Brown rice idlis with coconut chutney</p> 	<p>Dalia khichdi with vegetables &amp; curd</p> 	<p>A handful of peanuts or walnuts</p> 	<p>Roti with a bowl of sprouts</p> 
SATURDAY	<p>Broccoli &amp; gobi paratha</p> 	<p>Brown rice, stir-fry spinach, moong sprouts &amp; curd</p> 	<p>Banana or any other fresh seasonal fruit</p> 	<p>Chapati or rotis with low-fat paneer curry &amp; salad</p> 
SUNDAY	<p>Ragi banana pancakes</p> 	<p>Quinoa fried rice with vegetables, cashews &amp; sesame seed</p> 	<p>Baked vegetable cutlets or sweet potato tikkis</p> 	<p>Bajra, moong &amp; peas khichdi</p> 

For weight loss

# New Album Release Weight Loss Plan Top

**Lingjun Ying**



## **New Album Release Weight Loss Plan Top:**

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**Weekly World News** ,1988-03-22 *The Best Life Diet Revised and Updated* Bob Greene,2008-12-30 Explains how to lose weight permanently in a resource that complements dietary guidelines with dozens of nutritionally balanced recipes Dr. Dan's Super Weight Loss Plan Dan Curtis,2005

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**Historians, Biographers, and Specialists** Josephus Nelson Larned,1895 **Billboard** ,1998-08-15 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **The American Legion Magazine** ,1990 *New York Times Saturday Book Review Supplement* ,1962-05 *The Journal of Clinical Investigation* ,1950-07 Library Journal ,2000

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vertigo hastalığı nedir nasıl geçer vertigo hastalığı nasıl tedavi - Dec 15 2022

jul 6 2021 vertigo bir hareket halisünasyonudur ve olmayan bir hareketin algılanmasıdır vertigo başlı başına bir hastalık değildir ancak pek çok hastalığın belirtisi olarak ortaya çıkabilir tahminlere göre dünya nüfusunun yaklaşık yüzde 5 ile 10 u vertigoyla tanışmış durumda bizler onun varlığını ancak bozulduğunda fark