

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

Icloud Weight Loss Plan Latest

R Sanford



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Teach Yourself VISUALLY iPhone Guy Hart-Davis, 2014-11-03 A visual guide to the world's most popular mobile device Teach Yourself VISUALLY iPhone is your practical and accessible guide to mastering the powerful features and functionality of Apple's iPhone For new iPhone users and long time customers alike this excellent resource features visually rich tutorials and step by step instructions that will help you understand all of your iPhone's capabilities from the most basic to the most advanced Most consumers gravitate toward the iPhone and Apple products in general because they just work But you may not have been getting the most out of your iPhone until now With Teach Yourself VISUALLY iPhone you'll learn how to access and download books apps music and video content as well as send photos and e-mails edit movies sync with Apple devices and services and effectively use the current OS All the new features and capabilities of the latest cutting edge iPhone are covered This practical guide will help you Learn the features of iOS visually with 500 full color screen shots Master the basic functions of your iPhone and customize your settings Ensure you are getting optimal performance from your smartphone Understand how to find the best apps and services to fit your personal and business needs Written for visual learners and anyone who is interested in either starting out with a brand new iPhone or learning about the latest features of the most recent revolutionary device from Apple Teach Yourself VISUALLY iPhone is the ultimate visual guide to the world's favorite smartphone

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