



DIETARY GUIDELINES (NON-VEGETARIAN MEAL PLAN)

Fitness with Nidhi

Day 1

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
EGG WHITE OMELETTE WITH WHOLE WHEAT TOAST	1 FRUIT OF CHOICE	GRILLED CHICKEN SALAD	OATS SOUP	CHICKEN VEGGIE RICE
				

Day 2

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
OVERNIGHT OATS	GREEK YOGURT WITH BLUEBERRIES	VEGGIE SPROUTS RICE	CARROT STICK AND HUMMUS	SOUP AND GRILLED PANEER
				

Day 3

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DALIYA	PISTACHIOS	CHINESE FRIED QUINOA	SATTU DRINK	GRILLED CHICKEN AND BROCCOLI
				

Day 4

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
POHA	APPLE AND PEANUT BUTTER	STEAMED CHICKEN BALLS	GREEK YOGURT AND ALMONDS	EGG CHICKEN WRAP
				

Day 5

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
PANEER SANDWICH	COCONUT WATER	RICE WITH FISH CURRY	MAKAHNA PANEER CHAAT	STEAMED FISH
				

Day 6

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MIXED BEAN SALAD	VEGETABLE JUICE	VEGGIE DAL KHICHO	POTATO SPINACH OMELETTE	CHICKEN BREAST BROWN RICE AND MIXED VEGGIES
				

Day 7

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
BANANA PEANUT BUTTER SMOOTHIE	BUTTERMILK	SAMBAR RICE	EGG AVOCADO TOAST	CHICKEN AND AIR FRY VEGGIES
				

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Jin-Ying Zhang



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The Customized No "No-Nos" Weight Loss Plan Holly Bergeim,2001-09-17 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want **New York Magazine** ,1989-01-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Contemporary Business** Louis E. Boone,David L. Kurtz,Brahm Canzer,2021-08-10 Student friendly engaging and accessible Contemporary Business 19e equips students with the skills to assess and solve today s global business challenges and succeed in a fast paced environment Designed to drive interest in business our newest edition offers a comprehensive approach to the material including a variety of resources to support today s students Its modern approach wealth of videos relevant and up to date content and career readiness resources keep your course current and engaging **New York Magazine** ,1983-08-22 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1995-01-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1984-05-21 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1984-04-02 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **The Encyclopaedia Britannica** Thomas Spencer Baynes,1898 **The New York Times Magazine**

,2005 *The Law Times Reports of Cases Decided in the House of Lords, the Privy Council, the Court of Appeal ... [new Series]*. ,1897 The Boston Medical and Surgical Journal ,1887 *The Lancet* ,1889 The F*ck It Diet Caroline Dooner,2019-03-21 The anti diet bible that calls time s up to poisonous beliefs about food weight and worth **The Doctors' Metabolic Diet** William F. Kremer,Laura Kremer,1975 **New York Magazine** ,1984-04-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *The Spectator* ,1898 Transactions Pacific Coast Obstetrical and Gynecological Society,1956 **The Journal of Agricultural Science** ,1962 **The Encyclopedia Americana** ,1829 *Diplomatic and Consular Reports. Miscellaneous Series* Great Britain. Foreign Office,1888

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