

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<p>Poha with veggies & a glass of fresh orange juice</p> 	<p>Brown rice, rasam & 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 & curd</p> 	<p>Roasted chana</p> 	<p>Chapati or rotis with vegetable kurma & 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 & curd</p> 	<p>Roasted Makhana or Foxnuts</p> 	<p>Chapati or rotis with chana masala & green salad</p> 
FRIDAY	<p>Brown rice idlis with coconut chutney</p> 	<p>Dalia khichdi with vegetables & curd</p> 	<p>A handful of peanuts or walnuts</p> 	<p>Roti with a bowl of sprouts</p> 
SATURDAY	<p>Broccoli & gobi paratha</p> 	<p>Brown rice, stir-fry spinach, moong sprouts & curd</p> 	<p>Banana or any other fresh seasonal fruit</p> 	<p>Chapati or rotis with low-fat paneer curry & salad</p> 
SUNDAY	<p>Ragi banana pancakes</p> 	<p>Quinoa fried rice with vegetables, cashews & sesame seed</p> 	<p>Baked vegetable cutlets or sweet potato tikkis</p> 	<p>Bajra, moong & peas khichdi</p> 

For weight loss

Weight Loss Plan Usa Clearance

IM Harris



Weight Loss Plan Usa Clearance:

FDA Consumer ,1974 *Media for Health and Behavior* ,1986 **Weight in America** Barbara Wexler,2008-10
Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social concerns and other topics **Tcoy7 Ocps Special Sale**
Donald Vickery,2003-04 *Nutrition Abstracts and Reviews* ,2002 The American Legion Magazine ,2000
International Journal of Obesity ,1993 *Journal of the American Dietetic Association* ,1991 **The American Legion** ,2000 **The American Journal of Clinical Nutrition** ,1990 Direct Marketing List Source ,1994-02
National News ,1999 *Aero Digest* ,1941 **USA Today Index** ,1990 **Sears** Sears, Roebuck and Company,1952
Agrindex ,1995 **Investigating White Collar Crime** Tom Bazley,2008 Based on the author s career as a federal agent this book offers a blueprint for investigating a wide array of white collar crimes Its approach is comprehensive examining the typology and investigative processes associated with these types of cases Tactics such as search warrants civil injunctions and forfeiture are discussed throughout and examples of specific documents support many of the investigative techniques in the book Focuses on how to investigate white collar crime from a comprehensive perspective Provides a full range of investigative tools and techniques to address a variety of white collar criminal cases Considers both criminal and civil administrative investigations Includes examples of important documents such as a search warrant seizure warrant and civil injunction declaration Devotes a chapter to forensic science and white collar crime American Aviation ,1953 Issues for include Annual air transport progress issue *The Orchardist* ,1995 **Acres, U.S.A.** ,1987

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