

# 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

# Weight Loss Plan Best Clearance

**JE Gale**



## **Weight Loss Plan Best Clearance:**

FDA Papers ,1978      FDA Consumer ,1978      **Spanish Soundtrack Videocassettes, Films, and Slide/sound Programs Available from the National Audiovisual Center** ,1987      **Media for Health and Behavior** ,1986      Tcoy7  
Ocps Special Sale Donald Vickery,2003-04      **Marine Engineering** ,1899      *Nutrition Abstracts and Reviews* ,1966  
**Railroad Gazette** ,1893      **The Lancet** ,1948      **Health** ,1990      *New York* ,1989      **Nutrition Care of the Older Adult** Kathleen C. Niedert,Consultant Dietitians in Health Care Facilities,1998 This revision of what was Nutrition Care in Nursing Facilities includes up to date information on the nutrition care of the older adult It explores general physiological changes and focuses on common maladies many of which can be addressed through an improved nutritional status It also discusses      **Farmers' Guide** ,1897      **Collected Papers** Milbank Memorial Fund,1949      *SYSTEM ON THE FARM A MANAGEMENT PLAN* PAUL HACKETT,1917      **American Journal of Physiology** ,1943 Vols for 1898 1941 1948 56 include the Society s proceedings primarily abstracts of papers presented at the 10th 53rd annual meetings and the 1948 56 fall meetings      **Journal of the Canadian Dietetic Association** Canadian Dietetic Association,1981      **Wallaces Farmer** ,1981      **Clinical Nephrology** ,1993      **The Small Business Marketing Handbook** Iain Maitland,1998 This book is a guide to all the different kinds of marketing that small businesses could use It is a practical book full of tips examples and proven know how

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