

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

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Patricia M. Stein, Norma J. Winn



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We Will Lose Weight Together This Time! Diet Journal Alex A. Lluch, 2011-08-16 Studies have consistently shown that both men and women gain weight in serious relationships with married or cohabitating couples being more likely to be obese inactive and sedentary than single people Lluch has created a new journal based on his best selling I Will Lose Weight This Time Diet Journal designed specifically for couples to help them lose weight and get in shape together quickly and effectively We Will Lose Weight Together This Time Diet Journal provides space for both partners to document daily food and beverage intake physical activity weight and energy levels as well as his and hers health profile pages monthly wrap up pages with space for photos and measurements fold out progress chart nutritional information and motivational stickers Keeping a record of daily diet and exercise plus the accountability a partner provides is the best way to lose weight This book is a must have for any couple trying to slim down together **Low GI Diet 12-week Weight-loss Plan** Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01 This updated edition of Australia's bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy to follow aerobic and resistance exercises that will take you just 30 minutes a day this book outlines a nutritionally balanced effective and healthy way to start losing weight and improve your overall health and includes Tools and tips to maintain weight loss for life Delicious recipes and a menu survival guide for eating out How to balance protein and carbohydrate Photographs of exercises Updated GI tables for your favourite foods The most significant dietary finding of the last 25 years the glycemic index GI is an easy to understand measure of how food affects blood glucose levels and has revolutionised the way we eat *Working Mother*, 1987-02 The magazine that helps career moms balance their personal and professional lives **Federal Register**, 1985-07-15 **Time**, 2006 The Type 2 Diabetes Diet Book, Fourth Edition Calvin Ezrin, Robert E. Kowalski, 2011-01-07 Lose weight safely and quickly by converting fat into fuel The diet itself is remarkably simple The entire regimen has been scientifically designed to provide good nutrition in a way that will put you on track for the rest of your life The Diabetic Reader The diet designed to decrease insulin production and facilitate conversion of stored fat into burnable energy Nutrition Today The Type 2 Diabetes Diet Book has helped millions decrease insulin production lose weight and conquer their diabetes and this new edition has been updated to reflect the latest advances in diabetes care Using this guide you can design a low carb low calorie diet that helps you shed weight while controlling your diabetes New to this edition Recipes and meal plans that reflect current nutrition research and appeal to any palate Updated ADA recommendations Detailed examination of the link between good sleep and weight loss The revolutionary new medication for treating obesity With quick reference tables presenting the caloric carbohydrate fat and protein content of common food and drinks The Type 2 Diabetes Diet Book Fourth Edition is the only guide you need to shed pounds safely and effectively **Vegetarian Times**, 1990-03 To do what no other magazine does Deliver simple

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The Have Diet and More! Patricia M. Stein, Norma J. Winn, 1995-10 **Women's Health**, 2007-03. Women's Health magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

Direct Marketing, 1985 **Entrepreneur**, 1987 The Businessman's Minutes-A-Day

Guide to Shaping Up Franco Columbu, 1983 **The PDR Family Guide to Nutrition and Health**, 1995. A complete guide to sensible health and nutrition covering weight loss, heart health, cancer prevention, stress, energy, fitness and more, also evaluates leading cookbooks, diet plans, exercise programs, fast food, ethnic food and junk food.

Weekly Florists' Review Gilbert Leonard Grant, 1918 Medical Times, 1911 Health Promotion for Chiropractic Practice Jennifer R. Jamison, 1990. This text examines how chiropractic physicians within their clinical practice environment may significantly contribute to community health promotion and disease prevention and effectively integrate their roles as health information resource, client counselor and primary practitioner.

Medical-surgical Nursing Sharon Mantik Lewis, 2000. MEDICAL SURGICAL NURSING presents a thorough overview of the concepts that provide the framework for medical surgical nursing including the nursing process, nursing assessment, adult development, collaborative care, patient teaching and critical thinking. A strong emphasis on pathophysiology and a body systems approach encourages understanding of the disease process and accurate assessment findings. The easy-to-follow, full-color design and comprehensive and logical format promote student learning of essential nursing concepts. Each body system section contains a separate assessment chapter that includes a review of anatomy and physiology, an explanation of relevant health history and physical assessment and a discussion of common diagnostic studies to give students a basis for understanding the discussions of disorders. Identifies and discusses all levels of nursing management including Health Promotion, Acute Intervention and Ambulatory and Home Care to prepare the nurse to effectively intervene at various stages of illness. Extensive gerontologic content identifies age-related changes for each body system to alert the nurse to differences often encountered in older patients highlighted in Gerontologic Considerations and Effects of Aging headings and in Gerontologic Differences in Assessment and Effects of Aging tables. Critical Thinking Exercises at the end of each nursing management chapter include Case Studies with Critical Thinking Questions as well as Nursing Research Issues questions to highlight current topics for research. Chapter 9 Nursing Management Pain has been updated for increased readability and student comprehension of this complex yet important subject. Provides over 80 nursing care plans thoroughly updated to incorporate current NANDA diagnoses defining characteristics of the problem, specific nursing interventions and evaluation criteria.

Business, 1924 **Business Week**, 2002 **Health**, 1989

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