

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 This Week Same Day Delivery

**Terry Mahan Buttarro, Patricia Polgar-
Bailey, Joanne Sandberg-Cook, Karen L.
Dick, Justin B. Montgomery**

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National Stockman and Farmer, 1887 **Love Hunger Weight-Loss Workbook** Robert Hemfelt, Frank B. Minirth, Paul Meier, Sharon Sneed, 1991 A stand-alone workbook that helps readers work through the psychological spiritual and physical aspects of food addiction through interactive questions and answers and self tests This weekly eating exercise and lifestyle plan insures successful dieting and weight maintenance with an easy to use menu exchange program for each week a behavioral diary inspirational meditations and weekly self examinations assessing spiritual growth **Commercial and Financial Chronicle Bankers Gazette, Commercial Times, Railway Monitor and Insurance Journal**, 1881 **The Architect**, 1879 **Live Stock Report**, 1899 New York Magazine, 1989-01-23 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 Take Control Diet* Ian Smith,2001 Discusses the causes of obesity health concerns in dieting exercise programs for various fitness levels and the role of metabolism and genetics in weight control *The Breeder's Gazette* ,1895 *The New York Times Magazine* ,2005 *The Boston Medical and Surgical Journal* ,1882 **Fairplay International Shipping Weekly** ,1978 *The Message and Deaconess Advocate* ,1899 *The Northwestern Miller* ,1950 **Journal of the American Medical Women's Association** American Medical Women's Association,1973 *The Therapeutic Gazette* ,1905 **I'm Dieting as Fast as I Can** Pauline Ann Dingle,1994

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