

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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Heinrich von Sybel



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Practical Applications In Sports Nutrition - BOOK ALONE Heather Fink, Alan Mikesky, Lisa Burgoon, 2011-07-26
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Nursing Care Planning Guides Susan Puderbaugh Ulrich, Suzanne Weyland Canale, 2001. This comprehensive reference helps in creating care plans for clients in the medical, surgical, extended care, or home care environments. Covering over 60 individual disorders, these detailed care plans feature a definition, discussion of the disorder, outcome, discharge criteria, nursing, and collaborative diagnoses, and more. It can be used as a resource to assist students and practicing nurses in planning individualized care for medical/surgical clients.

Diet and Food Alexander Haig, 1898. *The New York Times Index*, 1923. **The New York Times Magazine**, 2005. Management and Administration in Manufacturing Industries, 1925. Catalogue ... Illinois State University, 1928. Nursing Times, 1905. Report on Economic Conditions in France Great Britain. Department of Overseas Trade, 1923. **Jet**, 1981. The Founding of the German Empire by William I: Germany and France. Origin of the French War Heinrich von Sybel, 1898. **The Encyclopaedia Britannica**, 1929. **Agricultural Gazette of Canada** Canada. Department of Agriculture, 1918. *The Lancet*, 1875. **Management of Persons with Chronic Neurologic Illness** Mark N. Ozer, 2000. This book emphasizes the basic principles of neurological illness, the process of planning goals and treatment, and the basis for evaluating results for continued improvement. The majority of the text is devoted to the management of patients with specific neurologic conditions, including Parkinson's disease, seizures, spinal cord injury, and chronic pain. Also included are case studies illustrative of physician/patient relationships. Ozer is a neurologist affiliated with the National Rehabilitation Hospital and Georgetown University School of Medicine. Annotation copyrighted by Book News Inc. Portland, OR. The Smart Set George Jean Nathan, Henry Louis Mencken, 1923. **American Journal of Respiratory and Critical Care Medicine**, 1997. **Factory, the Magazine of Management**, 1921. Runner's World, 2003. **The Real Estate Magazine**, 1914.

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