







1200 CALORIE INDIAN DIET PLAN

DAY	 Early Morning	 Breakfast	 Mid Morning Snack	 Lunch	 Evening Snack	 Dinner
DAY-1	Lemon & Ginger Water (200ml)	2 Idli Sambaer (100g)	1 Apple	Brown Rice (100g) Green Leafy Dal (100g) Veg Curry (100g) Veg Salad (100g)	Roasted Peanuts (50g)	2 Ragi Dosa Peanut Chutney (5 tbsp)
DAY-2	Ash Gourd Juice (250ml)	Tofu Upma with Vegetables (100g)	1 Guava	Quinoa Mushroom Puloa(100g) Yogurt & Cucumber(100g) 1 Boiled Egg	1 Boiled Corn	2 Wheat Chapatti Horse Gram Curry (100g) Veg Salad (75g)
DAY-3	Lemon & Black Cumin Seed Water (200ml)	2 Pesarattu Ginger Chutney (5 tbsp)	10 Almonds Tender Coconut Water (200ml)	Brown Rice (100g) Veg Sabzi (100g) Veg Salad (100g)	Greek Yogurt with Strawberries (50g)	2 Wheat Roti Palak Paneer with Seeded Vegetables (100g)
DAY-4	Pumpkin Juice (250ml)	2 Veg Uttapams Tomato Chutney (5 tbsp) 2 Egg Whites	1 Orange	Broken Wheat Upma (75g) Yogurt (5 tbsp) Veg Salad (100g)	Pea Protein Isolate (1 scoop) with Water	Grilled/Steamed Chicken (100g) Stir-Fry Vegetables (100g)
DAY-5	Carom & Fennel Seed Water (200ml)	2 Brown Bread Sandwiches 1.5 tbsp Unsweetened Peanut Butter	Watermelon (100g)	Brown Rice (100g) Chicken Curry (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-6	Apple Cider Vinegar (10ml) with Water (100ml)	Oats with Berries & Nuts (75g)	Buttermilk with Chia Seeds (250ml)	Miller Pongal (100g) Sambaer with Vegetables (100g) Veg Salad (100g)	Roasted Chickpeas (50g)	2 Wheat Chapatti Rolls with Mushrooms & Vegetables (100g)
DAY-7	Cumin Seed & Cinnamon Water (200ml)	Poha with Tofu & Vegetables (100g)	Papaya (100g)	2 Jowar Roti Fish Curry (100g) Veg Salad (100g)	8 Walnuts Black Coffee (100ml)	Cabbage Soup (300ml) Sauteed Paneer with Vegetables (100g)

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Library of Congress Catalogs Library of Congress,1976 Library of Congress Catalog Library of Congress,1970 A cumulative list of works represented by Library of Congress printed cards **Nutrition, Fitness, and Mindfulness** Jaime Uribarri,Joseph A. Vassalotti,2025-07-11 This book presents an approach to the integration of healthy behaviors in clinical practice based on cutting edge science It has been authored and edited by a select group of national and international experts in their respective fields who have developed these concepts for application in routine practice This second edition of Nutrition Fitness and Mindfulness uses three major categories to discuss healthy behavior healthy eating active living and mindfulness All chapters are formatted to provide key learning points and summarized conclusions for easy reference Eighteen chapters of the first edition have been updated in this new edition and cover such topics as the DASH diet plant based nutrition the Mediterranean diet beneficial herbs and spices fitness spirituality meditation healthy sleep and disease prevention 7 new chapters have been added covering ultra processed foods food as medicine integrating dietary patterns into the cultural preference multicompartment exercise strategies for improving health in older adults with comorbidities as well as chapters on evidence based lifestyle interventions in risk of genitourinary cancer diabetes and barriers to a healthy lifestyle Nutrition Fitness and Mindfulness An Evidence based Guide for Clinicians is a comprehensive guide aimed at all clinicians and healthcare professionals encouraging patients to make more thoughtful and healthy lifestyle choices

Cyclamates United States. Congress. Senate. Committee on the Judiciary. Ad Hoc Subcommittee on Cyclamates,1972

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