

1 week Diet plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Poha with veggies & a glass of fresh orange juice 	Brown rice, rasam & cabbage stir-fry 	Low-glycemic fruits 	Wheat dosa with roasted chana dal chutney 
TUESDAY	Vegetable oats or dalia 	Brown rice, beetroot poriyai, dal & curd 	Roasted chana 	Chapati or rotis with vegetable kurma & salad 
WEDNESDAY	Ragi Rava Dosa with mint chutney 	Brown rice pulao with raita 	Whole wheat bread with almond/peanut butter 	Besan chilla with vegetables 
THURSDAY	Vegetable Upma 	Brown rice, sprouts curry, rasam & curd 	Roasted Makhana or Foxnuts 	Chapati or rotis with chana masala & green salad 
FRIDAY	Brown rice idlis with coconut chutney 	Dalia khichdi with vegetables & curd 	A handful of peanuts or walnuts 	Roti with a bowl of sprouts 
SATURDAY	Broccoli & gobi paratha 	Brown rice, stir-fry spinach, moong sprouts & curd 	Banana or any other fresh seasonal fruit 	Chapati or rotis with low-fat paneer curry & salad 
SUNDAY	Ragi banana pancakes 	Quinoa fried rice with vegetables, cashews & sesame seed 	Baked vegetable cutlets or sweet potato tikkis 	Bajra, moong & peas khichdi 

For weight loss

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M Walker



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or protein Experience natural weight control choose and properly prepare healthful readily available foods as they did during the Renaissance The Diet Code is a unique approach to eating well based on a mathematical phenomenon that s been around for centuries but has never before been applied to diet Now prepare to lose weight and get healthy by asking yourself What would Da Vinci eat *Official Gazette of the United States Patent and Trademark Office* ,2002 *Special Operations Forces Medical Handbook* U.S. Department of Defense,2011-10-05 Over 400 pages of useful medical information created for Special Forces medics and Dietotherapy v. 3 William Edward Fitch,1918 **Dietotherapy ...** William Edward Fitch,1918 *The Statesman's Year-book* Frederick Martin,Sir John Scott Keltie,Isaac Parker Anderson Renwick,Mortimer Epstein,Sigfrid Henry Steinberg,John Paxton,Brian Hunter (Librarian),Barry Turner,1870 **United States Investor** ,1927 **State Board Examination Questions & Answers of the United States and Canada** ,1912 *Muscle, Brain, and Diet* Eustace Miles,1905 Journal of the American Medical Association American Medical Association,1903 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature **The Journal of the American Dental Association** ,1926 Transactions of the Medical Association of the State of Alabama Medical Association of the State of Alabama,1916 Market World and Chronicle ,1924 *United States Economist, and Dry Goods Reporter* ,1909 *Reports from the Consuls of the United States on the Commerce, Manufactures, Etc., of Their Consular Districts* Etats-Unis,1881 **The Feel-Good Diet** Cheryle Hart,Mary Kay Grossman,2006-11-10 No cravings No stress No fatigue Finally a diet you can feel good about Introducing The Feel Good Diet a scientific breakthrough in weight loss that will help you Turn off your hunger Turn on your energy Tone up your body And yo yo no more The Feel Good Diet is a revolutionary weight loss program that works with you not against you Cheryle Hart M D and Mary Kay Grossman RD reveal that many other diets cut out essential carbs and pack on too much protein which depletes your brain s neurotransmitters especially serotonin This yo yo brain effect zaps your willpower and leaves you irritable depressed and carbo craved The Feel Good Diet helps you battle yo yo brain and finally win your war with your weight With a few simple guidelines and easy to prepare menus you can eat delicious healthy foods that actually boost your serotonin levels so you can lose weight end cravings reduce stress and feel good **The New International Year Book** ,1926 **Handbook of the Hospital Corps, United States Navy** United States. Navy Department. Bureau of Medicine and Surgery,1923 United States Navy Regulations United States. Navy Dept,1909

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