

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 poriyal, dal & curd	Roasted chana	Chapatti or rotis with vegetable korma & salad
WEDNESDAY	Ragi Rava Dosa with mint chutney	Brown rice pulao with naans	Whole wheat bread with almond/peanut butter	Besan chilla with vegetables
THURSDAY	Vegetable Upma	Brown rice, sprouts curry, rasam & curd	Roasted Makhana or Foxnuts	Chapatti or rotis with chana masala & green salad
FRIDAY	Brown rice idlis with coconut chutney	Dalija khichdi with vegetables & curd	A handful of peanuts or walnuts	Roti with a bowl of sprouts
SATURDAY	Broccoli & gobi pantha	Brown rice, stir-fry spinach, moong sprouts & curd	Banana or any other fresh seasonal fruit	Chapatti 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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The Humane Society of the United States Complete Guide to Cat Care Wendy Christensen, Humane Society of the United States, 2004-04-20 A guide to caring for cats and kittens that provides information on proper feeding grooming nutrition health care and training

The Complete Idiot's Guide to Weight Loss Lucy Beale, Sandy G. Couvillon, Beverly

Donnelley, 2002-09 Overall dieting is the best performing topic in the health and fitness category There are many dieting books on the market today many of which contradict one another in their claim to have the one formula for success that will rid readers bodies of unwanted pounds forever This book will appeal to those who feel confused and overwhelmed by all of these other books who mainly need to learn the fundamentals in an easy non intimidating format The Complete Idiot's Guide RM to Weight Loss will help readers reach their ideal size by learning what to eat how to exercise and how to avoid common weight loss pitfalls The book will dispel popular weight myths and replace them with confidence boosting knowledge practical advice and inspirations to get them started on the right path right away Also readers will discover what foods are needed for healthy weight loss and how to balance them in a safe and healthy nutritional plan and how to incorporate exercise into their weight loss plan and specifically how to achieve greater muscle tone and stamina

Practical Guide to Obesity Medicine Jolanta Weaver, 2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver Ideal for any health care professional who cares for patients with a weight problem This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine Features a wealth of information on obesity including hormones and weight problems co morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more Discusses pharmacotherapies and surgical approaches to obesity Consolidates today's available information and guidance in this timely area into one convenient resource

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The Guide to United States Popular Culture Ray Broadus Browne, Pat Browne, 2001 To understand the history and spirit of America one must know its wars its laws and its presidents To really understand it however one must also know its cheeseburgers its love songs and its lawn ornaments The long awaited Guide to the United States Popular Culture provides a single volume guide to the landscape of everyday life in the United States Scholars students and researchers will find in it a valuable tool with which to fill in the gaps left by traditional history All American readers will find in it one entry at a time the story of their lives Robert Thompson President Popular Culture Association At long last popular culture may indeed be given its due within the humanities with the publication of The Guide to United States Popular Culture With its nearly 1600 entries it promises to be the most comprehensive single volume source of information about popular culture The range of subjects

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