

Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and 1/2 glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-cauliflower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, 1/2 small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, 1/2 small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.

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Michael Seilmair

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Computerworld ,2006-05-15 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network

EuroKarst 2022, Málaga Bartolomé Andreo,Juan Antonio Barberá,Juan José Durán-Valsero,José Manuel Gil-Márquez,Matías Mudarra,2023-01-01 This book covers advances in the field of karst from a variety of perspectives to facilitate knowledge and promote interaction between disciplines New methods are addressed that advance data collection analysis and interpretation in a wide range of karst contexts Case studies are presented to provide examples of advancing science Issues addressed include karst hydrogeology water resources assessment groundwater pollution and protection methods to study karst aquifers based on hydrodynamic hydrochemistry isotopes dye tracing geophysical surveys and modeling techniques karst geomorphology and landscape mining and engineering in karst media tunnels dams etc and karst cavities touristic caves natural heritage This book is a resource for scientists around the world to compare problems results and solutions Likewise the examples included are used in policy decision making in karst regions Finally the contributions are used as a tool for university teaching

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entertainment news site *Materials Performance* ,1993 **Should I Install a Bulk Milk Tank?** Horace E. Armstrong,1958 *Popular Mechanics* ,1985-04 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Karst Hydrogeology, Geomorphology and Caves** Jo De Waele,Francisco Gutierrez,2022-08-01 Karst Hydrogeology Geomorphology and Caves A Comprehensive Resource Covering All Aspects of Karst Hydrogeology Geomorphology and Caves This essential book covers all physical chemical and geological aspects of karst science It reviews current knowledge on hydrogeology geomorphology and caves in karst based on the vast existing literature and investigations carried out by the authors worldwide The different topics are profusely illustrated with color figures and images from all continents and climates showing the scientific and aesthetic appeal of karst environments The book covers in a systematic way the significant features of karst rocks the chemistry and kinetics of their dissolution the rate and distribution of karst denudation the unique hydrogeology of karst terrains the landforms endemic to karst the morphology of caves and their diverse sedimentary records and the multiple processes that lead to the formation of underground voids Overall the work reflects the increasing recognition of karst as a fundamental part of the Earth's dynamic systems and helps readers understand this multidisciplinary field from a holistic and nuts and bolts perspective Some of the ideas discussed within the book include How karst is gaining importance for human development because of its valuable resources groundwater and associated environmental problems impacts and hazards The enormous technological developments achieved in recent years Recent major breakthroughs in the field and their influence on other scientific disciplines The central role played by karst science for understanding and mitigating global environmental issues global warming depletion of resources human induced hazards For all scientists working in karst and for students and lecturers of karst related programs this book serves as a valuable all in one source It is also a valuable resource for professional hydrogeologists the petroleum industry environmental geologists and of course speleologists the last true geographic explorers in the world **Health Care Software Sourcebook, 1999** Aspen Reference Group,1998 Describes some 1 100 software packages for use in all aspects of health care Products are grouped by application in 23 categories such as information systems decision support financial management case management medical records radiology staff education and library reference materials Entr **Electrical Installation Record** ,1929 **Catalogue** Montgomery Ward,1941 **Petroleum Processing** ,1953 *Railway Age* ,1924 **The Log** ,1953 **Data Sources** ,2000 **Manufactured Milk Products Journal** ,1952 Metropolitan Management, Transportation and Planning ,1974

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